

Abstract

Title: Teaching Eskimo rolls to children and youth

Objectives: The aim of the diploma thesis is to create a comprehensive pictorial methodical series of training the Sweep roll, focused at teaching children and youth.

Methods: The work is based on selective and participatory observation. The following recording of the image material is captured by the GoPro HERO 5 Session camera, which is further processed in the Windows operating system Photos, Fotor and 3D Painting application.

Results: The result of the diploma thesis is a methodological series focused on teaching Eskimo roll to children and youth. The description of the individual preparatory exercises is supplemented by visual material capturing the key points of the student's technique and important moments during the teacher's assistance.

Conclusion: A methodical series of Sweep roll preparatory exercises focused on children and youth can serve as a training recommendation for the general public.

Keywords: younger school age, prepubescence, preparatory exercises, kayak, swimming pool