

## **Abstract**

**Title:** Development and comparison of snowboarding techniques with soft and hard bindings.

**Objectives:** The aim of this thesis is to create an inspirational resource focused on the development and comparison of snowboarding techniques with soft and hard bindings. The resource is intended for coaches, competitors and the general public.

**Methods:** This thesis is conceived as an integrative review study using research methods and methods of analysis and comparison. I set the parameters of observation as the fundamental differences between snowboarding with soft and hard bindings.

**Results:** The results of this study showed several key differences between the two types of binding. In answering the research question, what is the difference between riding a snowboard with soft and hard bindings, we can summarise that the position and centre of gravity of the feet play the biggest role in snowboarding.

**Conclusions:** The practical applicability of this work includes an increase in performance, safety and overall comfort when snowboarding, which is beneficial for both beginners and advanced riders. Future research should continue with an emphasis on studies that can provide deeper insight into the long-term effects of different types of bindings on snowboarders' performance and health. Further studies could also investigate the influence of other factors, such as individual anatomy and skill level, on optimal binding settings and riding technique.

**Keywords:** Winter sports, snowboarding, soft and hard snowboard bindings, snowboarding technique, biomechanics of snowboarding.