

Abstract

Thesis title: A description of significant differences in technical preparation of water slalom and canoe sprint in K1 category.

Thesis objective: The objective of the thesis is to determine the main features typical of technical preparation of kayakers in Czech canoeing clubs and to describe possible differences in the preparation of sprint kayakers and water slalom kayakers.

Methods of data processing: The work is based on mixed research. The racers and coaches were presented with a questionnaire concerning technical preparation. Collected output was analyzed using the methods of quantitative research and of analytical induction.

Results: Several significant differences were detected between the technical preparation of sprint kayakers and water slalom racers.

To develop basic kayaking strokes, water slalom racers in mostly younger age categories use other water sports, especially wild water, more frequently.

In preparatory exercises sprint racers limit themselves to stroke sequencing. Water slalom racers use a wider range of preparatory exercises to develop basic kayaking stroke.

In order to gain feedback, water slalom racers use videorecording analysis several times a month and that not only during technical preparation period. In sprint canoeing the videorecording analysis is used significantly less often.

Key words: sprint canoeing, water slalom, technical preparation, didactic methods, teaching procedures