

## **Abstract**

### **TECHNIQUE PROBLEMS IN WOMEN COMBINED EVENTS**

**Objectives:** The aim of this work is to describe and find out the mistakes of technique in each technical event of heptathlon. The next goal of this analysis was estimating technical levels of competitor's technical performance with attempt about correction of technical performance.

**Targets:** Gathering of required documentation – letters and records of athletic training and previous seasons' competitions. (training diaries, videorecordings and analysis completed with own memories and experiences.)  
Further is a formation and comparison of photo sequences made from loaded videorecordings.

**Methods:** In our thesis we used a method of analysis and a method of comparison. We applied the method of analysis in each event and the method of comparison in comparing of the photo sequences in one event or searching of common signs and mistakes of technical performance.

**Results:** We found out the mistakes in competitor's technical performance of heptathlon's events.

We confirmed that the discipline with smallest efficiency contain biggest (basic) mistakes in technical performance, and this discipline was trained in youth infrequently.

We found out similar mistakes of technique, that are detect in all disciplines.

We found out low differentiation in competitor's technical performances of disciplines, with strongest influence of long jump.

**Keywords:** event, combined event, heptathlon, sport technique, athletic training