

ABSTRACT

Thema works:

Evaluation of running in floorball category U10

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Aims:

Monitoring the running technique of school age children, who plays floorball and improve their technique in a short-time program.

Methodology:

In this thesis I evaluated the running technique of the selected group of children playing floorball in TJ Tatran Stresovice in order to identify different running techniques. To assist this evaluation I used photographs focussing on certain areas of the body (see Results section).

Results:

From the front view the feet are most commonly found in the feet out position, with the most common arm movement being across the front of the body. From the side view most commonly seen is arm movement from the shoulder joint, upright posture, running on the toes. The tests showed that the children's running technique is not established as the second test showed different mistakes to those occurring in the first test.

Key words:

the running technique, physical literacy, floorball and deviation from the running technique.