

Abstrakt:

Title (Theme): The analysis of skills young decathlonest

Objectives: The goal of our thesis is to analyse a young decathlete's skills and based on comparative methods with standard professional athlete's technique in three different events to highlight possible technical differences and deficiencies.

Method In our thesis we used methods such as analysis, watching and video analysis, based on video recording. These helped us to make a photo sequences. Photo sequences helped us to analyse and compare the athlete's technique in three chosen events, which were Hurdles run (one at a time), Pole Vault and Javelin Throw

Results: Based on the results of our thesis we discovered noticeable deficiencies and defects in Jan Jansky's technique, which can be partially explained by his young age. Jan showed the best technique level in the Hurdle run, acceptable technique level in the Pole Vault and poor technique level in the Javelin Throw. Our assumption, based on Jan's very good results, that he will show the best technique in Pole Vault, was wrong.

Key words: Decathlon, training, sport training, event, discipline, technique