

ABSTRACT

- Title:** Methodics of Obstacle swimming
- Objective:** The objective of my dissertation is to define requirements for Obstacle swimming and present the most effective methods for mastering in this discipline of Military Pentathlon
- Methods:** Methods of pedagogical research
Methods of theoretical and empirical research
- Results:** The outcome of this thesis is to create methodics for obstacle swimming, show major mistakes in overcoming obstacles and give examples for ideal training session for swimming itself as well as obstacle swimming.
- Keywords:** methodics, obstacle swimming lane, forward crawl, training, Military Pentathlon, overcoming obstacles