

Abstract

- Title:** The claims of technique in decathlon
- Objectives:** The main aim of the thesis was to find out how our two skilled decathletes are able to cope with the demands on the technique in the jumping and throwing decathlons events within few monitoring years. We were trying to find strengths and weaknesses in technical events based on a comparison of the technical realization in selected events recorded at the best republic competitions. Then we were trying to define if there are some technical mistakes common to all the jumping and throwing disciplines, or if these mistakes are different for certain disciplines.
- Methods:** In our thesis we used methods of observation, analysis and comparison. The observation method we have used was filming video sequences of our two subjects in national competitions. From these videos we continued to create photo sequences which we have used for analysis of the technical realization of selected events. The comparison method we have used during comparison of photo sequences for each technical event within a few years.
- Results:** We found that the technical realization of these selected events has not changed within few monitoring years, only the pole vault was exception. In this event both decathletes improved their technical parameters. Then we found that both decathletes are not able to fully use their speed potential and use this speed during jumping events. At the end we found that the best events of both decathletes are mainly throwing events.
- Keywords:** Decathlon, sport training, photo sequence, technique