

# **Abstract**

**Title:** Technique of Hurdle Clearing in 400 Meters Hurdles

**Authors:** Jiří Jakoubek

**Supervisor:** PhDr. Aleš Kaplan, Ph.D.

## **Aims:**

The aim of this thesis is to describe technique of hurdle clearing in 400 meters hurdle race using study review and to examine this technique at particular athlete during training and racing sessions in 400 meters hurdles race.

## **Methods:**

Technique was compared and examined at young athlete. Two kinograms were used for analysis, one from training and one from racing session. The comparison was made using third hurdle in second track. One hurdle clearance from each training and racing sessions with clearly visible individual phases of hurdle crossing were used. For better and well-arranged comparative analysis the same athlete was always examined. Technique of hurdle clearing is analysed thanks to using kinogram. The captured record was transmitted into appropriate format and elaborated in Kinovea program. For superior quality of presented snapshots program Corel photo-point 9.0 was used.

## **Results:**

The goal of this thesis is to analyze technique of clearing the third hurdle in 400 meter race at particular athlete and to find differences and imperfections in applied technique. When comparing the technique of hurdle crossing at chosen athlete it was found that there are differences between training and racing sessions and those are apparent in several points. Using the key failure points, basic technical deficiencies of analyzed athlete were identified and pointed out at closing discussion.

## **Keywords:**

Athletics, 400 m Hurdle Race, Analysis, Technique, Hurdle Clearing