

Abstract:

Title: The comparison of standing and crouch start

Objectives: Analysis of time differences in base running from the position of standing and crouch start. Another goal was to compare these starts in group of male sprinters and then to compare these starts with female softball players.

Methods: Mainly document analysis was used in my diploma thesis. The author used both Czech and foreign sources. The foreign sources were mainly scientific researches, professional studies and articles from scientific journals. The issue was closely linked to running bases in softball, athletic starts and strenght training focused on thy dynamic component. Standing and crouch starts were then examined in detail.

Results: It was found that the standing start compared to the crouch start enhances the results of female softball players by 0,06 s at the distance of 20 meters. The difference in the group of male athletes was only 0,01 s. Major differences were observed in female softball players already within the first 5 meters where the first time difference appeared. This difference was gradually rising until the end of the 20 m distance.

Keywords: base running, running in softball, athletic start, three-point stance start, standing start, crouch start