

**Title:** Throwing Events in Combined Events

**Aim:** The aim of this thesis is to assess the level of A.S.Helcet's and A Nejedlý's technical skills in decathlon throwing events on the basis of videoanalysis of a spot throw and a complex throw. Next aim is to describe the possible use of Pedar X for discus throw and shot put technique assessment. Finally, the last aim is to find differences between performance of the complex throw and the spot throw attempts.

**Methods:** For gathering the data we used experiment, observation, and measurement of the attempts. After creating kinograms from scanned attempts we analysed body segments in a particular movement phase and simultaneously monitored the feet pressure on the mat. Finally we compared the data of both probands.

**Results:** While studying the kinograms we found deficiencies in the movement process such as the inability to establish the double-support position, imperfect left leg support while throwing and premature body rotation in the throwing direction. The differences in the feet pressure development were noticeable between the spot throw and the complex throw, therefore we recommend to increase the number of complex throw attempts at the expense of the spot throws. Pedar X device was found useful for the technique assessment.

**Key words:** discus throw, shot put, decathlon, combined events, kinogram, Pedar X

## ABSTRACT

**Title:** T

**Objectives:**

**Methods:** C

**Results:** T

**Keywords:** ch