

Abstract

Title: The Structure of Performance in Snowboardcross and Training

Objectives: Aim of the bachelor thesis is to suggest and justify conception of snowboardcross training work record, to attempt answering these questions: what to record, register and evaluate to be able to use all the information in next training cycles of the Olympic discipline Snowboardcross.

Methods: We used the interview method to compile all convenient questions in questionnaires. The questionnaire method gave us information about the sport performance structure in snowboardcross. We applied the method of analysis to compare results, the test battery, the annual work load indicators, the somatic factors and the races results.

Results: On the basis of the evaluated data we found that the most important factor in snowboardcross training is technique. This factor depend on somatic factors which must be adapted to condition factors. Psychological factors are specific to each racer and their training must be based on individual needs.

Keywords: Snowboarding, training indicators, sport performance, records, training diary