

Abstract

Title

Technique variability of athletic discipline old school athletes

Objectives

The aim of the work was to find out how and to what extent the technical variability of the athletic disciplines in the category of the older stage in the execution from the place or from the short start, compared to the whole acceleration version, thus at a higher speed.

Methods

The thesis was conceived as a theoretical-empirical survey where quantitative and qualitative assessment of the level of fitness and technical readiness of probands was used

Results

The best rating, and hence the high level of variability, has tested No. 5, which has reached 0.71, pointing to excellent discipline technique even at higher speeds. This is followed by Test No. 4, which has reached 0.40. Testing shows that these two tests are at the same time the best in motor tests where they achieve above-average results, so we can state that the one who is at a higher level of fitness is better able to handle athletic disciplines and adds more speed. The test value 6 also reached the value of 0.20, which also means better technical performance at higher speed. The other tests were always worse in the higher-speed version, worst-tested 3, which deteriorated by 0.72. The other tests worsened by about 0.5.

Key words

Athletics, older school, condition readiness, technical readiness, variability