

## **Abstract**

**Title:** Analysis of the selected swimmer's breaststroke technique

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**Objectives:** The aim of the study was to analyse the breaststroke swimming technique of a selected swimmer. Within the framework of the performed analysis, we focus on the control of technical deficiencies in the movement of individual body segments with a link to the overall movement coordination, which affects the resulting efficiency of movement in the aquatic environment.

**Methods:** From the video footage, an analysis of the breaststroke swimming technique was performed. The data collection was carried out at the swimming pool of the swimming club SK Motorlet Praha. During filming, videos of the swimmer from the side above the water, from the side and the front under the water were taken. The video material was taken with a camera borrowed from the fund of the Department of Swimming, Aquatic and Technical Sports, FTVS UK. The video footage was processed using Kinovea software. Images with technical flaws were selected. Based on the technical deficiencies found, appropriate corrective exercises were suggested to improve the given deficiencies in technical execution.

**Results:** On the basis of the analysis of the breaststroke swimming technique after the first shooting, corrective exercises were designed to eliminate the technical deficiencies found. By comparing with the second video taken, the selected swimmer showed an improvement in technical execution. Body position, head position and upper limb movement cycle improved significantly.

**Keywords:** technique of swimming, early phases of swimmers development, diagnosis of swimming technique, correction of mistakes in swimming technique