

**ABSTRACT:**

Diploma thesis is focused on the mistakes of hurdle running. Technical performance is very often ignored to the exclusion of training intensity and volume. The aim of the thesis is to analyze the technical faults and then describe preliminary exercises that will improve the technical performance of the different parts of hurdle running. In the theoretical part, the readers are introduced to information related to hurdle running (start, technique, rhythmic unit, etc.). In addition, the theoretical part introduces several aspects that lead to improving hurdling performance, such as strength, speed, and other skills. Lastly, the connection between psychology and sport is mentioned, where learning and temperament are mainly discussed. A very peripheral view of the philosophy of sport is mentioned in the thesis. Subsequently, we have taken pictures and analyzed them and named the most common mistakes in hurdling technique. We then applied preliminary exercises for 10 weeks and then took a second picture record. After the intervention program, we verified the athlete's progress. In most cases, the program worked as expected, only in one case the expected result did not occur. The last subchapter deals with the alternative use of obstacle courses in school physical education classes. The thesis then concludes with recommendations for practical use in training, i.e. to include preliminary exercises twice a week for 30 minutes and once to devote a separate training unit to hurdle running.