

BRIDGING THE GAP A LA LABA: EXAMPLES OF MEASUREMENT AT EUROPEAN JUNIORS' ATHLETIC CHAMPIONSHIPS THESSALONIKI '91

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ABSTRACT

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History: We have been gathered the biomechanical data in athletics at the top-level competitions (including OG, WCh, ECh, etc.) since 1978 till now. The instructional films, videos and final reports were published and they achieved considerable distribution among the athletic experts, coaches and athletes as well.

Philosophy: To transmit the results of our findings to the coaches and athletes as fast as possible. To gather as much as possible other available scientific information and to present them to the coaches and athletes in more "eatable" form.

And so bridge the gap between researchers, coaches and athletes.

Example: That is why we attempted to help not only the best athletes coaches but to help the juniors coaches as well.

Methodology:

- Complex analysis (3D) -

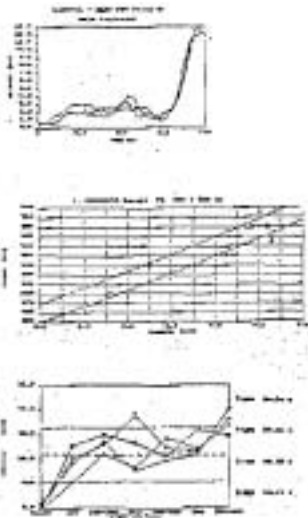
Complete 3D geometric and kinematic characteristics of sport technique;

- Simple analysis (time) -

Time analysis of the sprints and hurdles events;

Measurement and interpretation of run-up speed in the Long Jump and Triple Jump.

Examples of the results are illustrated in the figures.



Conclusions: Analyses of the performances of juniors confirmed once again the need of developing sport technique during youth preparation period.