

Nácvik techniky překážkových běhů

- <https://www.facebook.com/tereesejr/videos/pcb.10155106321016733/10155106320751733/?type=3&theater>
- <https://www.facebook.com/watch/?v=245495729492159>
- <https://www.youtube.com/watch?v=agckXySzwbk&fbclid=IwAR2MFU0yFk76fPSWWAC06gD6dsQCvx8blxW8vOEx5bNgzXcIGT3XCinPM2A>
- <https://www.facebook.com/trackwired/videos/495002781053728/UzpfSTEwMDAwNjM2MjA4Njg1NDoyNTE5MDkwMDA0OTc5NzEx/?id=100006362086854>
- <https://www.facebook.com/teknikkogmotorikk/videos/2075239895927846/UzpfSTEwMDAwNjM2MjA4Njg1NDoyMzY1MzlxNDQ3MDIzMjM1/?id=100006362086854>

Skok daleký

- <https://www.fsp.muni.cz/sdetmivjmkvpohode/kurzy/atletika/skok.php>

Imitační cvičení-skok daleký

- https://www.youtube.com/watch?v=lb52_gU0CrI
- <https://www.youtube.com/watch?v=pN4M0k4GNXo>
- https://www.youtube.com/watch?v=JS4u9_3wbHk
- <https://www.youtube.com/watch?v=eNHP4qTK4VU>
- <https://www.youtube.com/watch?v=VutMSMildmY>
- <https://www.youtube.com/watch?v=caubHkJM--Q>
- <https://www.youtube.com/watch?v=1mobYG5Fg1I>