This dissertation thesis is an overview study of recognition of human individuals and its role in forensic identification. It begins with basic structures of identification, meaning and usage of mug books, facial composite identification, and for the most part, recognition. We discuss suitability and feasibility of these methods and base the reasoning on the results of research from other countries. Such methods are undoubtedly affected by evewitness's identification accuracy and therefore we also focus on factors influencing this. We group the factors by the ones which can and the ones which cannot by affected by law enforcement while we pay a special attention to the variables which are objects of scientific research, such as sequential lineups versus simultaneous lineups, foil selection, age, race, and confidence of the eyewitnesses who are performing the identification. Finally, we include a practical administrator's manual which describes the identification procedure step by step in a greater detail: how to create photo arrays, live lineups, facial composite recognition, and mug books, how to instruct eyewitnesses, and how to supervise the entire lineup procedure up to documenting it. The guide is based on many U.S. manuals and contains standalone recommendations as well as explanations why some procedures are better than other ones, despite them all based on many year research.