

## **Abstract**

**Title:** Specific roller skis' games and activities for young nordic skiers aged between 12 and 14 years

**Goal:** Create and verify a collection of games and activities by experts on the rollers skis' for young nordic skiers aged between 12 and 14 years.

**Methods:** A first method used in this work was available analysis of czech and international documents about games and activities. Then a collection of games and activities was made, which was customised for roller skis trainings. Furthermore, there was a verification of collection of roller skis' games and activities with the help of a board of experts composed of experienced and licensed nordic skiers' trainers and then nordic skiers' experts. An unstructured interview was made with them followed by a discussion about each game and activity.

**Results:** In the first part there is a chapter about an equipment used collection created by us. The main part is made of a customised and verified collection of roller skis' games and activities for young nordic skiers aged between 12 and 14 years. Board of experts made a verification added their ideas and suggestions to specific games and activities in the form tips and suggestion. A new chapter dividing the collection was created as a result of a discussion with the board of experts was created at the end of a final part. It was divided according to three main viewpoints, which are safety, space and a number of competitors.

**Key words:** nordic skiing, game, roller skis, young sportsmen, verification.