

Abstract

Thema works: Speed development of youth rugby players

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Aims: To define, based on the literature search, the issue of speed development of young rugby players in rugby sevens. By using a literature research, to find and define concepts of speed in sports, in athletics training, and in rugby in youth categories.

Methodology: A literary search method of many different sources together with own knowledge and experience from athletics and youth sports training helped to describe the outline of the main topic.

This thesis briefly analyzed and subsequently described the possible training process of speed development of young rugby players, in a typical Czech sports club, taking into account the typical sporting regime.

It subsequently designed possible training programs for U6 - U20 categories, with added speed development exercises as well as modified current exercises to develop speed efficiently.

Results: Based on the literary research, the basic description of the issue was delivered, using the knowledge and experience in youth sports and athletics training.

This work briefly analyzed and subsequently described the possible training process of speed development of various age groups of rugby players, in a typical Czech sports club, taking into account the typical sporting regime. It designed possible training programs for the U8 - U20 categories, that introduced athletics exercises and modified the current ones to maximize the process of speed development.

Key words: rugby, rugby sevens, youth training, speed development, athletics conditioning