

Abstract

Title: Coach of sprinters

Objectives: The aim of the thesis was to assess whether the opinions of the athletic sprint trainers are consistent with what the literature refers to sprint's training in general and sprint's training for the U17 category. Next, try to present the model characteristics of a young coach of sprinters.

Methods: Eighty five athletic trainers were approached who train at least one sprinter and have at least the 3rd coaching class qualification. I received answers from 41 of them. The survey method was used to determine opinions. The survey was based on previous studied literature. Internet server *vypln.to* was used for data collection. Coaches were approached by email and facebook. The analyzed data were evaluated verbally, in tables and graphs.

Results: All coaches agreed that two-way communication is important not only about training, but also for example about school, family ect. Eighty eight percent of coaches confirmed with the basics of training planning and 98 % of coaches agreed on the importance of training evaluation. However, 53 % of them said that they cooperate with the mentee in planning and only 51 % use special tests to determine the sprinter's training status. More than half of the trainers checked the possibility of organizing the warm-up and regeneration of the athlete. Almost all coaches agreed that sprint training should be varied. Injury of their manitee reported 95 % of trainers. On the training model for the U17 sprinter agreed the following number of coaches – to plan the RTC (73 %), to include the winter transition period (95 %), to include training camps three times a year (56 %) and to train 4 – 5 times per week (76 %) once a day (95 %).

Keywords: track and field, training, U17 category, survey