

Abstract

Title: Using the means of basic gymnastics skills in the soccer player's training

Objectives: The aim of bachelor thesis is evaluate the observation records with questionnaire survey and watch the occurrence of basic gymnastics skills in category older preparation U9. Another important aim is suggest a set of physical exercises and summarize general recommendations for coaching practice.

Methods: The theoretic part is elaborated by the form of literary research dealing with theme of bachelor thesis. The main method of this thesis is observation the use of gymnastics in training units. Content analysis was used in observation records. Another method is questionnaire survey. Obtained data from the questionnaire are processed by standard statistical methods in Microsoft Excel.

Results: The result is containing data obtained by questionnaire survey and analysis of observation records. Another result is suggest set of physical exercises usable in training of football players in the competition period category U9.

Keywords: football, basic gymnastic, youth, sports training, sports preparation