

ABSTRACT

Title: Methodic of selected judo techniques for younger school age children.

Objectives: The aim of the thesis is to build visual material, which has the form of mental maps, selected technic in judo for beginner's athletes during the younger school age. Mental maps will be formed in conjunction with each other in a successful design, failed design, or in individual combinations. Techniques will be selected on the basis of the Testing Regulations of the Czech Judo Association.

Methods: The collection of knowledge was carried out by a literature search, which deals with the topic of Judo and the chosen age category. Another reason for choosing the suitability of these techniques is the direct link to the judo test rule, which is given by Czech judo association.

Keywords: judo, a younger school age, methods technique, mental maps, combination