

Abstract

A diploma thesis focused on speed coordination of football players in the U13 and U14 categories in FK Meteor Prague VIII. In this work we monitor speed and coordination abilities. The theoretical part is devoted to literature focused on football rules, coordination skills, speed skills, didactic forms in football and health-compensatory exercises. In the practical part the measurements from pre-test and post-test are determined. Of the two attempts, the better one was chosen. The values from the 1st and 2nd measurements are evaluated. A set of tests are chosen for testing, in which the test set contains six tests and the measurements are repeated after 6 months. A Diploma thesis from the verification of success of skills in categories U13 and U14. Focussed on observation, coaching and speed testing and coordination capabilities in two categories. The compilation of children's exercises in the pupil category.