

Abstract

Title: Influence of yoga exercises on performance of a sports shooter.

Objectives: The aim of this work is to assess and confirm the need for the influence of the yoga system on the performance of a sports shooter.

Methods: The methods used in writing this theoretical bachelor's thesis are these: searching for available scholarly publications, periodicals, Internet resources, searching and retrieval of this sources and subsequent compilation of said sources.

Results: An overall overview of the sports shooters preparation for performance and the recommended methods of yoga in this preparation.

Keywords: Yoga, performance, sport shooting