

Abstract

Title: Overview of preparation for The Czech Republic championship in fire sport within the annual training cycle

Objectives: The aim of this bachelor's thesis is to create an overview of the preparation for the Czech Republic Championship in fire sport and to try to compile a model annual training cycle based on the study of available literature and professional consultations.

Methods: The bachelor's thesis was prepared through the study of professional literature and on the basis of consultations with elite competitors and coaches from the ranks of fire athletes.

Results: The results of the work are general information about fire sport, its organization and competitions. The theoretical part of the work focuses on sports skills in fire sport, its disciplines and their technical implementation and tactical training. This theoretical information is applied into an outline of the annual training cycle including a description of the individual periods of the annual training cycle, their timing, goals, means of developing selected motor skills and example of a training microcycle and training units is given for individual periods.

Keywords: fire sport, the Czech Republic championship in fire sport, annual training cycle, sports training