

ABSTRACT

Title: Experiences of trainers with conditioning preparation of figure skaters off ice

Objectives: The thesis will focus mainly on specialized and general training of children of a given age category (JUNIORS 15-19 YEARS) and on motor tests suitable for testing the skills most needed for figure skating, but outside the ice. Although this issue is described, although there are not so many literatures in the Czech Republic. The trainers will be interviewed, which will then be processed into a comprehensive and clear form.

Methods: The questioned group consisted of 8 coaches I. and II. coaching class of figure skating. Using a guided interview, we asked 10 questions in total. Questions were focused on fitness training of figure skaters off ice.

Results: Evaluation of the results enabled us to find out some interesting facts. These include the use of a spinning bike, like form of imitation of HF after of with injuries. Another valuable piece of information was the use of a rotary auxiliary device to improve coordination and reduce knee load. we also learned that running training should be eliminated for the development of endurance due to the heavy load on the knees. Training in fresh air in all weather was also a positive finding for our needs. Overcoming the aversion to training in bad weather can gradually lead to overcoming pre-start apathy.

Keywords: Fitness, preparation off ice, figure skating, development, balance, dry training