

## **ABSTRACT**

Title: A set of preparatory exercises for freestyle skiing.

Aims: The aim of the bachelor thesis is to create a set of preparatory exercises for training and improving freestyle skiing techniques.

Methods: Methods that were used for the purpose of this bachelor thesis are: summary of professional literature on the topic of freestyle skiing, followed by guided interviews with the coaches of the Czech international team.

Results: Summary of general information about general ski training, documentation and description of individual exercises and exercises. Divided of summer and winter season.

Keywords: freestyle skiing, freestyle tricks, preparatory exercises.