**Abstract**

**Training of the Young Hurdlers**

**Thesis objectives**: The main aim of this document is to show training methods for increasing level of movement efficiency on juniors hurdles discipline.

**Methods:** At this work was used an analysis method. It was applied for hurdles technique dissection and exercise test analysis of selected juniors. Runtimes are evaluated as compared with focused period and discipline.

**Results:** It was found out that competitor gathering better efficiency in his discipline by technique understanding a strait athletic development of his efficiency. Exercise tests showed that efficiency value is increasing up to average as while as their lung capacity rising and pulse rate decreasing.

**Keywords:** **t**raining, hurdles, training method, technique, efficiency, juniors