

RESUME:

Titule: Observation of young junior women team in water polo druring one-year training period.

Thesis objectives: The objective of this thesis was, by means of a tests group of selected partial factors of sports preformance in water polo female players, diagnose and assess the of performance level of players during one-year traininng period in selected water polo club playing the young junior women category.

Method: For gathering of data were used the scaling and testing methods. For processing and analysis were used methods of mathematical statistics (arithmetical mean, range of variation).

Results: Diagnostics of the technique level appears to be as a very important part of sport preparation, which is closely connected with the game perfomance in matches. By means of diagnostic activity the coach acquires information about current fitness and technique level readiness and also about development of performance level during a long-terme training process.

Keywords: water polo, swimming performance, young junior women, test, scale