

ABSTRACT

Title: Applying method of senzomotorics stimulation in athletics training of youth

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Objectives: familiarization with method of senzomotoric stimulation; findings of using method of senzomotoric stimulation in the athletics training; information about types of injuries in the youth category in athletic; notice about the connection between injuries and using balanced facilitations

Methods: pedagogic experimental technique anonymous unnormalized questionnaire was used for getting data and informations about informant

Results: it has been analyzed, that 39 girls and 26 boys, who was the participants of national indoor championship in athletics use method of senzomotorics stimulation in their training. But we are talking about rambling form of using method of senzomotorics stimulation by balanced facilitations. The important thing from our analyze is, that senzomotoric method is used between athletics youth. One fact is still unexplained and it is question if is method of senzomotorics stimulation more used by event with three-dimensional orientation or coordination?

Key words: athletics training, injures, prevention of injuries, convalescence, senzomotoric, method of senzomototics stimulation, balanced facilitations, questionnaire search