

ABSTRACT

Title:

Draft of the coach manual for skicross coaches

Objectives:

The aim of the diploma thesis is to create draft of the coach manual for skicross. Draft containing a methodological procedure for the acquisition of specific technical aspects in the discipline of skicross, draft of a training concept and introduction to the historical development of the discipline and to its rules.

Methods:

There was used the method of critical analysis of the documents. Then data from the author's experiences who was the coach in this discipline. And data obtained from interviews with selected respondents.

Results:

The result of the thesis is the draft of a comprehensive methodology and clarification of specific technical aspects for this discipline. Furthermore, the introduction to the long-term training concept and the periodization of the training process of this discipline. This thesis also presents the characteristics of this discipline, its historical development and rules.

Conclusion:

The draft of the methodology together with the draft of a long-term training concept will serve as a basis for the creation of a comprehensive coaching manual in the future. As there is no other methodology from abroad we must take into account the fact that this methodological approach and its procedures will change and adjust over the time.

Keywords:

Skicross, skiing, methodology, curve, jumps