

Abstract

Title of bachelor thesis: Development of coordination in the category of youngsters in the annual training cycle

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Objectives: To prepare a proposal for an annual training cycle, which could help coaches in its making. Furthermore, the preparation of ten different ideal training units that deal with the development of coordination skills.

Methodology: In this work I used following methods: data collection, observation and active participation. These are the methods most commonly used to collect qualitative data.

Thesis results: The result of the bachelor thesis is the design of a one-year training cycle (OYTC) in the category of youngsters. Furthermore, the design of ten ideal training units and their design in the TC. All my results count on an ideal state at the level of coaches, players and clubs.

Keywords: Coordination skills, annual training cycle, training unit, youngsters category, coordination development