

## **Abstract**

**Title:** Incorporating games into physical training of young school-age children in sprint canoeing

**Objectives:** The aim of this bachelor's thesis is to incorporate games into the physical training of young school-age children in sprint canoeing.

**Methods:** This bachelor's thesis is a professional work with a didactic component, which is a collection of games. I based it on professional publications in both Czech and foreign languages and combined theoretical foundations with a practical part. The resulting collection of games is divided into five parts: developing strength, endurance, speed, coordination abilities, and flexibility.

**Results:** The outcome of this work is a collection of games focused on the development of physical abilities, systematically divided according to motor skill categories. Each category contains specific games that support their development. This collection contributes to the comprehensive and harmonious development of children, offering fun games that enhance the enjoyment of training. Coaches can use it as a source of inspiration and a tool to enrich the training process.

**Conclusion:** Games are an integral part of children's lives and must be included in sports training. Through them, children not only develop their versatile motor skills but also learn cooperation, communication, and other skills. Therefore, we have created a collection of games aimed at developing motor skills.

**Keywords:** motor skills, children's sports training, games in training, versatility, sprint canoeing