

**Title:**

Basic Athlete's skills of pupils from 11 till 14 years.

**The purpose of the thesis:**

The purpose of the thesis is review technique athlete's pupils older school age before and after pass six months training.

**The method:**

Basic information was getting of method undefault undereview and observation.

**Conclusion:**

By the observation and undereview produced video-record I get to know that regulary training basic athlete's exercise and choosen technique of sport even have influence of their later design. However they are not improved as much as I expected. In groupe of pupils in age 11 till 12 get to expressiv changes. In groupe with older pupils, age 13 till 14 we should seen stagnation. The research let me to know that regulary training is not guarante to improve the technique.

**Key words:**

Sports training, long jump, hurdle-race, shot put.