

Abstract

Title: Training of Asi-waza technics by younger school age children

Objectives: The main target of this diploma thesis is to set a complete methodology procedures of training special technics aši-waza by younger school age children. Than to provide an information combined with children training problems. Another goal is to invent reservoir of exercises for setting up training units focused on aši-waza technics.

Methods: Principles of this thesis are analysis and synthesis methods, that are used with formation of methodic technic activities aši-waza. Individual technics are divided in parts for easier understanding of children. Afterwards parts are combined in one unit again. In the end there are used testing methods for comparison of moving ability changes.

Results: After repeating re-test have been stated that aši-waza technic training and training units which are focused on managing these technics have positive effect on developing some movement abilities.

Keywords: pre-school age, judo, aši-waza, training unit, movement abilities