

Summary

Title:

The development of bob sport

Objective:

The aim of this work was to describe factors related to performance in bobsleigh clarify the level of development and the Czech bob sport from the 90th years to the present. Another objective was to bring the content and quality of contemporary Czech bob men, especially their power and technical preparation.

Methods:

The evidence collection has been made through the interview. Further chosen method was the questionnaire.

Results:

The current bob men are faced to the limitation of financial resources and it is reflected in their training quality. I tried to find out if the Czech bob men are able to survive in the top of world competition. My final conclusion is that they are able to compete with world leaders despite to the problems and difficulties because they achieved good results in the last years.

Keywords:

Bobsleigh, power training, technical training, bobsleigh development.