

Abstract

Title: Diagnostics of motor qualities in young female artistic gymnasts.

Purpose: To check the possibilities of diagnostics of motor qualities in young female artistic gymnasts from 6 to 9 years of age.

Method: Method of comparison was used to compare the available test batteries of “movement talent” for artistic gymnastics. Suitable test batteries were chosen on the grounds of the selected criteria and subsequently applied into practice. The technique of structured interview was used to determine the current situation in diagnostics of motor qualities in selected artistic gymnastics clubs in the Czech Republic.

Outcomes: The test battery, which, besides meeting the specified criteria, encompasses all desirable motor abilities, proved itself best in practice. It can be used for selection of children with movement talent for artistic gymnastics. Results of the interviews point out the fact that the questioned coaches are aware of the necessity of diagnostics of motor qualities, but at the same time there is no unified testing procedure.

Key words: diagnostics, motor test, ontogenesis, artistic gymnastics