

Abstract

An overview study of the creation of training programs for children aged 8 to 10 years in the Czech and abroad

Objective: creation of an overview study of present approaches in the development of training programs in the Czech and abroad. Highlight the differences, advantages and disadvantages of programs and compile a list of recommendations as an inspiration for trainers in developing their educational strategies.

Method: In examining the documents I use methods of qualitative content analysis identified the structural and content characteristics, then describing and interpreting.

Results: Summary of informations about training programs for U9 – U11 youth fotbal players in Czech and selected foreign countries. List of recommendations for training practices.

Keywords: football, ontogenesis, sports performance, sports training of children, movement skills, coach football, game forms, forms of competition, rules for minifootball