

# **ABSTRAKT**

## Title

Coordination abilities in long-term concept sports training of children

## Objective

The point of the thesis is handle the issue of coordination ability. In the first part of the thesis I will talk about general issues of children's sports training, developmental patterns and the characteristic of sensitive periods. The fundamental basis of my research part is find out how the coordination skills involved in long-term sports training, what is their role in motor development of children and what their biological basis.

## Methods

The thesis has a theoretical character and it uses qualitative methods: compares, analyses and interprets texts and data acquired through background research.

## Results

Coordination skills have proven essential element of successful mastery of motor skills in the concept of long-term sports training more or less dependent on coordination. If there are individual skills developed in the sensitive periods is very difficult to catch up with missed this and achieve the same level of skills acquired. Important role in the development of coordination skills and heredity plays a connection with the state and function of the central nervous system.

Key words

sports training of children, coordination, development, sensitive periods