

Abstract

Title: The Physical Preparation of Children at Athletic Preparatory

Objectives: The aim of this bachelor thesis was to check the level of the kinetic literacy at schools or other hobby groups by children at the preparatory age. Also a set of exercises for testing the basic coordinative abilities was created. These exercises are suitable for children between the ages of 6 and 8.

Methods: In this bachelor thesis the following methods were used: descriptive analysis, questionnaires, observation and data analysis.

Results: With the help of the questionnaire one found out that the spectra of motional activities by children from the primary school level gradually extends hand in hand with their age. Another finding was the fact that more than the half of the interviewed children attends also another kinetic group than just the athletic one. Floorball had the major representation among them. Three exercises from the set were defined as unsuitable for children between the ages of 6 and 8. These were the exercises 7, 9 and 16. Exercises of this kind should be included into the training later.

Key words: Athletic preparation, physical preparation, coordination abilities, training, children, athletics, coach