

**TITLE:**

Downhill skiing of preschool and younger school age children and its possibilities in the region of UL and Teplice.

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**ABSTRACT:**

**Aim:** The aim of this dissertation was to find possibilities of downhill skiing of preschool and younger school age children in the region of UL and Teplice. The suitability of skiing resorts for skiing children and their teaching skiing. The comparison of ski school in the region and their ways of teaching. The another aim was to prepare the model of ski training for children and its application in teaching skiing in children and verification of its effectiveness.

**Methods:** The research is based on the interview (semi-structured), observation (hidden, open, participating) and data collection from the literature and the internet. Obtained data from the literature and the internet served as basis used to create questionnaires for an interview with skischool instructors.

**Results:** We found that ski resorts in the region could be recommended for children and for families with small kids and for teaching skiing . In every mentioned ski resort there is at least one school of skiing

Due to observation and interview with representatives of ski schools we found the difference in the system, conception (design) of organization of teaching, in the attitude of teachers to teaching and in the relation of owners and chiefs of ski schools to the teaching skiing from economic point of view and business. All schools provide group and individual teaching.

By drawing up training plan and practical teaching of children we found that teaching skiing of preschool children, as it might appear at first sight, is not simple. Further we found that number of three children is not sufficient for verification if the model of teaching is functional or not.

**KEY WORDS:**

children, downhill skiing, ski, preschool age, younger school age, ski resort, ski school