

Methodological materials for indoor cycling - artistic cycling

Objective: To prepare a new comprehensive study methodical material for aspiring coaches, complemented by modern knowledge in the field of indoor cycling and sport in general.

Method: Distribution krasojezdeckých exercises into 5 basic methodological groups. supplementing methods and measures that lead to better and faster learning techniques krasojezdeckých elements.

Creating instructions on versatile training without wheels and processing motoric - functional preparation krasojezdců.

Results: my job, I worked only in theory, practical research and verification of their knowledge of teaching techniques I krasojezdeckých exercises carried out. The literature shows test large-scale set of people, more than 200 (Měkota, 1983), which in the conditions of Czech

Artistic cycling is a requirement impracticable. The results of physical condition circus riders

They showed that it is necessary to focus on physical fitness training and all-round preparation without wheels

I describe them.

Keywords:

Methodical group exercises

Methodical figure cycling series

Helping and utilities

Physical fitness krasojezdců

Motoric - functional preparation

Kinetic concept, perception and experience