

The possibilities of the speed development in younger and older school age.

The development of the speed is influenced on some evolutionary reasons and the age. Sensitive period and genetic determiners are the other factors of the development. It's important to put suitable rules of loads of a particular age.

Our work describes possibilities of the speed development which depends on ages and genetics determiners and define problems for younger and older school age. It's necessary to make up the group of exercises which influences on different types of speed abilities.

This is a document in which are used all the scientific and professional articles, periodicals, monographs, textbooks and literature, databases and the internet.

Our work might be by a handbook for coaches of various sports who are interested in physical activities of younger sportsmen.

Clues: Speed, speed abilities, the development of speed, younger school age, older school age.