

## **Abstract**

**Title:** Analysis of training program in the Czech snowboardcross representation

**Objectives:** The main objective of this thesis is to describe an annual training cycle of the Czech snowboardcross representation. Sub-objective is to analyze the individual periods of characteristic sport's preparation.

**Methods:** In our work we used the method of involved observation, analysis, survey, interview with the instructions and informal interview. During the observation of competitor's behavior in their training units we used the method of involved observation. In the parsing of each training cycle we applied the method of analysis. To supplement the data and to clarify the interpretation obtained by involved observation we used the method of the survey and informal interview.

**Results:** We've found, that trainers and implementation team use for divide snowboardcross preparation nine parts of specific period. In a „dry“, summer preparation they focused on developing of all physical abilities and during the preparation on snow, they focus on specific skills training, which is needed to show the maximum performance, technical and psychological preparation.

**Keywords:** Snowboarding, snowboardcross, sports training, Czech representation