

## **Abstract**

**Title:** Changes in physical performance of Children at Athletic Preparatory

**Objectives:** Aim of this paper is the diagnosis of physical and technical readiness of young children that are regularly preparing in an athletic course as a preparation for joining ASK Slavia Praha and their readiness for the next step of basic training.

**Methods:** observation, videoanalysis, motor tests

**Results:** During diagnostics of physical readiness via repeated use of a battery of motor tests (60m run, long jump, ball throw, 600m run) it was proven that majority of subjects showed a steady increase in performance. Only with technical activities (long jump, ball throw) there was sometimes a decrease in the results of some children. Also, in these activities the differences among results of subjects started to increase. More talented children increased their results by much more than the less handy. On the contrary, the differences among children in 600m run decreased over time.

**Key words:** Athletic preparation, physical preparation, technical preparation, training, skills, children, athletics, coach, physical development, image sequence from video