

Objectives:

This bachelor thesis deals with the training of athletes between ages 12 and 15 (younger and older pupils) in athletics in selected disciplines. Furthermore, techniques in various disciplines were analyzed. The aim of this work was to determine the current level of technique advancement of athletes between ages 12 and 15 (younger and older pupils) in the athletic club SC Radotín Prague.

We expected that the technical level in selected athletic events will not be at a very high level.

The method:

In this work we used these methods: observation, descriptive analysis.

Results:

From the video records and image sequences we got to know that the technical level of students was not at the highest level, but not at the worst. It corresponds with the average technical level of athletes in the age group of 12-15 years.

Key words:

athletics, children, long jump, high jump, shot put, techniques