ABSTRACT

Name: Use of Didactic Styles in the Training Process of Football Youth

The Aim of the Thesis: The work is aimed at the use of didactic styles in the training process of football youth in connection with quality improvement of the training unit. By means of the video camera I will watch, evaluate and compare two football coaches of youth categories working for the Bohemians 1905 Club. Further, the target is to carry out a model training unit using a wide range of didactic styles.

Methodology: In order to reach the results I will use two methods. The first method lies in watching and making video recordings which will be consequently noted down and analysed. The second method consists in questioning the coaches using the form of a short half structured interview.

Results: The work results deal with comparing the work of two coaches focusing on the frequency of using the didactic control styles during youth football training units. Coach Peter, who used the didactic styles more often during training units, reached better results than coach Filip. After evaluating the results I recorded together with coach Peter a model training unit for didactic styles in order to have a feedback for the coaches. The DVD recording is enclosed to this work.

Key Words: Football, didactic control styles, coach, player, training unit