

Summary of disertation

Rhythmic gymnastics (RG) is the only Olympia sport of girls and women and it is characterized by precision, fluency and elegance of movement that emphasizes feminine beauty and grace. At present, there is no coherent concept of long-term sports training of talented gymnasts in Czech RG. The outflow of athletes is evident especially during prepubescence. Basic RG preparation aims gradual development of motor abilities, practice of sports (gymnastics) skills and the beginning of specialized techniques based on the principle of comprehensive movement base. This period (in rhythmic gymnastics between 7-9 years of gymnasts) for further performance growth is very substantial, in terms of content and in terms of training forms and influence of trainers (coaches). Defining the content of movement and gymnastic activities determines the path of development athletes and also defines (for coaches) performance criteria in each age category.

The aim of disertation was to verify correspondence between published scientific theories and trainers experience of coaching using the Repertory Grid Technique. Along the way sixteen semi-structured interviews with selected experts was achieved interpersonal and intrapersonal data. Experts in the preparation of RG agreed on the fact that in practice a set of exercises for body posture, a set of exercises for locomotion, a set of exercises without apparatus, a set of ballet training exercises and a set of exercises to develop handling skills are necessary. It is interesting to note that a set of exercises for rhythm of the music and movement coordination, which is part of the music movement education, was not considered so important by the respondents. This moment can be described as a lack of care of gifted youth in RG in basic preparation. Expression of movement and emotion of music is an integral part of the final result, it is part of the evaluation of judges during optional routines. Experts paid the smallest attention to set of exercises for orientation in space and set of exercises for physical fitness. Acquired views (constructs) indicative of the topic (elements) were divided according Honey analysis into nine categories that characterize the issue. This is a category of the development of creativity, perception of rhythm and dance movement, physical readiness - developing motor abilities, specific RG skills according to the code of points, practice with game, the basic physical preparation and all-round exercises, organization and content of training sessions, sense of self and space, necessary education of trainers, health promotion.

The obtained results demonstrate the critical need as soon as possible to change the current status attained by practice in basic gymnastics preparation, so we hope that the

findings obtained during the processing of the dissertation support change in the concept of care for youth in the RG. And will allow to gifted youth to systematically prepare for specific sports mastery, will return to optimum structure and content of rhythmic gymnastics training aged from seven to nine years and then to hope for better success at world level.

Keywords: rhythmic gymnastics, younger school age, the concept of sports training, semi-structured interview, repertory grid