

Abstract

Title: Physical preparation of children and youth in sport shooting

Objectives: Develop a general overview of the physical preparation and training of children and youth in sport shooting.

Methods: In this thesis has been used content analysis of documents.

Results: Despite the poor accessibility to books and documents relating to sport shooting sports for children and youth managed to get enough material to develop the thesis.

Key words: Children, physical preparation, practise, shooting, relaxation, training