

Aimes: The dissertation examines the development of coordination abilities in women's football. At first, problems of fitness training, planning of training macrocycle and the issue of women's and young ladies' training are analysed. A considerable part of the theoretical section is devoted to coordination abilities. Second part and testing follow. To find out the level of coordination abilities, these testing disciplines were used: Agility test, run with a somersault, two-footed jump on target and vertical jump with the rotation of torso. The results of this testing informed us about the level of coordination abilities of both observed players and the whole group.

Methods: Literary researches, descriptive and illustrative examples used in order to acquaint probands with particular motor tests, the observation of probands during testing, testing and evaluation of performance in motor tests, a method of test-retest, qualitative and quantitative statistical methods, logical methods (analysis, synthesis, inductive and deductive reasoning).

Results: From the point of view of the long-term conception of sports training, the coordination skills seem to be an essential element of a successful mastering of motor skills, more or less dependent on the coordination. If the particular skills are not developed during so called sensitive periods, it is very difficult to make up for this missing and achieve the same level of gained skills. The standardization of diagnostic tools and coordination skills evaluation method are inevitable in the future.