

## **Abstract**

### ***Title:***

Effect of the rest interval on the explosive power

### ***Objectives:***

The aim of this work is to find out an effect of different rest interval on the explosive power during the throwing exercise.

### ***Methods:***

Measurement was done by the direct method - speed method or methods of dynamic effort, in which is the pursuit of the fastest movement with small or medium resistance. This test of the explosive power was measured by sport radar which measured speed of medicine ball. For analysis of results was used statistics method and verbal evaluation.

### ***Results:***

The best interval of the rest for develop explosive power is interval with the rest 20 s. No substantive significance was shown in the differences between series with different rest intervals for the entire group of probands. The largest substantive significance was showed in the group of women in the difference between the series with an interval of rest 5 and 10 s. The largest substantive signifikance can be seen if we compare series with rest interval 10 and 20 s.

### ***Keywords:***

rest interval, explosive power, forming method factors, power ability