

## **Abstract**

**Title:** The plan of sport training for TeamGym youth competition

**Objectives:** The main object of the thesis is to create a set of methodical procedures for training the elements for the TeamGym competitions applicable to the trainings content and its preparation.

Another objectives are to support the use of games and musical education in youth sports training and popularize the TeamGym competition.

**Methods:** The thesis is theoretical, there are used basic research methods, such as analysis, synthesis, comparison and a self-creation. The published publications about TeamGym and training of artistic gymnastics were subjected by substantial analysis. The gained knowledge is compared with each other and synthesis based on the results of that to developing methodical procedures for training specific skills for the TeamGym competitions.

**Results:** In the thesis there is created a set of methodical procedures for sports training of youth for the TeamGym competition. The age-specific patterns, specific to the training of younger school-aged trainees are taken into account. It uses movement games. It contains exercise sets for individual TeamGym disciplines - tumbling, small trampolines and floor.

**Keywords:** Gymnastics, training unit, acrobatics, small trampoline, floor