Abstract

**Topic:** Time for rest in explosive power.

**Aim:** Collect and analyze the data obtained from a pilot study. According to the information gathered propose a procedure for the experiment focuse on the rest period of the explosive force activity.

**Methods:** Research, testing, field experiment, consultation with trainers and experts.

**Results:** Based on the results, we determined testing a battery for explosive power exercises.

**Key words:** explosivity, rest interval, throws, piloting and evaluation