

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 focus 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