

Abstract

Title:

Winter orienteering training in a gym

Objectives:

The main goal is to create a book of orienteering games and exercises for pupils and adolescents, which lead both to improving orientation skills and improving physical and mental fitness during winter training in a gym or in a club house.

Methods:

In this thesis I used the method of literary research, which analysed methodological documents of Czech and foreign orienteering federations. I also analysed bachelor and master theses and created a collection of games, which I also enlarged with my own games. I then tested these games on children attending orienteering trainings as their free time activity.

Results:

The main outcome of this thesis is a collection of games, which also includes printable material.

Keywords:

orienteering, training, games, winter training, gym