

TITLE: The physical condition of badminton players

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ABSTRACT: This diploma thesis deals with the composition of fitness training of badminton players. The first part of the thesis theoretically describes the development of individual motor skills and their application and inclusion in the training process of badminton. In the second part, an evaluation of the psychical condition of adolescent and junior national team players and badminton players is performed. The psychical condition was examined using a test battery in cooperation with the Czech Badminton Association. The results of the thesis are annotated results of individual groups of players.

KEYWORDS: Badminton, psychical condition, gross motor skills, testing