

Abstract

- Title:** Model of training preparation for young future flyboarders
- Objectives:** The objective of the work is to create a model of training preparation for young future flyboarders based on the empiricism of the most successful professional flyboarders.
- Methods:** Ten intentionally selected respondents filled out the survey on their current sports specializations. Three of them were selected based on the frequency of specific and non-specific sports. Individual non-standardized interviews were conducted with them, which were based on direct verbal communication with the respondents.
- Results:** We created a model of training preparation for young future flyboarders. The training preparation model is divided for children from six to nine years old, in which we recommend general sports training (gymnastics, athletics, swimming, sports games). For children from ten to twelve years old, we recommend trampoline jumping, high jumping, swimming, balance exercises, body strengthening and stretching. For children over the age of thirteen, we recommend starting to fly on a flyboard.
- Keywords:** extreme sport, fly on water , water sport, training preparation, change of sport, adrenaline