

Abstract

Title: The development of flexibility and its influence on sports training of judo

Objectives: Analysis of the influence of flexibility in sports performance in judo and its appropriate methods of development.

Methods: The diploma thesis was processed as a descriptive-analytical work in the form of a critical literary resource search.

Results: Based on the literature search, it was found that judo in the main part of the training unit leads to the development of flexibility. It influences the speed of execution of the technique and improves sports performance. Flexibility can be amplified not only by the traditional stretching method, but also by strength training. However, this is not the case with the development of maximum strength. There is no established test in testing methodology for evaluating flexibility.

Keywords: Judo, flexibility, sports performance, resistance training, motor testing, literary research

