

Abstrakt

Title of the thesis: Female cross-country skiers' increase of efficiency in youth categories.

Object of the thesis: The aim is to evaluate sports training of cross-country skiing in youth classes on the basis of comparison real training indexes of two select female racers. The training indexes are standard for this age.

Method: In this method is used analysis of training documents (training day book, common training for cross-country skiing) to evaluate the present situation of these two female racers.

Result: The evaluation sports training on the base of comparing two female skiracers' indexes with standard indexes typical for this age. The results will be useful especially for these two sportsgirls' coach and their next increase of efficienci. However the results could have been useful for other cross-country skiing couches working with young skiers, too.

Key words: cross-country skiing, sports training, training of youth.