

Abstract

Title

Use of motoric functional training in close combat in Armed Forces of the Czech Republic

Purposes

The goal of my work is to find out the current state of implementation and classification of motoric functional preparation in close combat and leading instructors' awareness of this preparation.

Methods

This is a theoretical work of qualitative research. The descriptive and analytical compilation methods with the questionnaire are implemented.

Results

The results of the questionnaire revealed that instructors do not have sufficient information about motoric functional training components. For improvement of motoric functional training in close combat the instructors would welcome new teaching materials.

Key words

close combat, coordination abilities, motor skills.