

Abstract

Title: Winter preparation for squash players

Objectives: The aim of the work is to set up (make) weekly plan of winter (ski) camp for squash player. Another aim was to determine whether coaches use the winter to concentrate and use compensation exercises.

Methods: In my thesis I used a method of data collection, concretely document analysis and a public inquiry. Inquiry questions are divided into three groups: close questions (answers YES/NO), select from concrete answers and open answers. In document analysis are used multi media, virtual dates and objective dates.

Results: I found out that most of squash instructors organize sports concentrations. Most of respondents prefer summer preparation to winter preparation. Squash instructors use compensational exercise regularly, but do not use supplemental sports very often. Winter sports use just about third of respondents. Some instructors forbid some sports. Especially it concerns tennis and badminton (because of the different struck technique). I made training plan like a winter preparation for squash players, I used down hill skiing and cross country skiing like an additional sports. It is focused on condition and progress coordination ability.

Keywords: squash, skiing, supplement sports, training plan