Abstract

Title:

Analysis of sports form of elite judo athletes

Objectives: The main aim of this thesis is testing purposely selected group of elite judo athletes using a battery of tests, which is intended for seinor men's category and find out whether the of performance tests on results of the world competitions. The next aim is describe a judo training of elite judo athletes.

Methods:

The thesis has an empirical and theoretical-character, which have been used in date collection methods, examining available information from judo training, analysis of professional literature in the field of general sports training and also the experience of many years of competitive practise of the author. The statistical evaluation was used T-test for paired values dependent selection and Spearmen correlation coefficient.

Results:

The results of this thesis point out that probands who show a high performance in testing are not more successful at world competitons than probands with lower performance in testing. High performance in testing has no effect on success in world competition. Resulting different values of most selected of probands with distinguished from each test in the range of 0.1 - 0.2 diameter marks.

Keywords:

judo, training, sports form, testing, judo athletes