

## **Abstract**

**Title:** The use of gymnastics in preparation (training) of young footballers

**Objectives:** The main objective of this thesis is to draw up a proposal of structure of the gymnastic motion programme for sports preparation of young footballers on the base of profiled intersection of gymnastics and football. The next objective is the mapping of a training plan of football youth in practice and obtaining football coaches attitudes to the inclusion of gymnastics to the training of their players.

**Methods:** In the thesis it is used a method of questionnaire to get expression of opinions of coaches of young football players to this topic. Data collected from the questionnaire survey was processed by standard statistical methods in the programme Microsoft Excel. The theoretical part is processed by a form of literary research of available sources concerning the thesis topic. This part is finished by the profiled intersection of gymnastics and football. A proposal of motion programme is created according to this intersection.

**Results:** It was found out that there is a big interest from the side of football coaches of youth to include gymnastic grounding to the trainings of their players. It is obvious from the survey that  $\frac{3}{4}$  of coaches already include some gymnastic exercises regularly. A proposal of structure of the motion programme, which can be used in sports preparation of young footballer, is the result of this thesis. Particular items of proposal of the motion programme are justified and they are supplemented by concrete exercises.

**Keywords:** football, gymnastics, sports training, youth, questionnaire