

ABSTRACT

TITLE:

Management and realization of training preparation in the teamgym in Czech Republic

THE AIM OF THE THESES:

The aim of the work is explore real functioning and management of training proces during the annual training plan in the teamgym in the Czech Republic from different perspectives. It include is to find out the approach of leadership national team and individual national team coaches to periodization and planning within the anual training cycle, more detailed data on training record of training, functioning and selection of the national team and mutual communication relation in the management systém between the individual levels of the national team.

METHODS:

The diploma thesis is a follow-up work to a theoretically processed of bacheolar's thesis. This work is a mixed type of research, where are used both methods and techniques of qualitative and quantitative research. In the work are used two non standardized questionnaires (one for the national team teamgym athletes and second for their coaches) and semi structured interview for leading the national team of teamgym. The resulting findings from practise are compared with theoretical knowledge and with knowledge from bachelor's thesis based mainly on records and analysis of personal documents. The research was attended by 17 competitors, 10 coaches and 2 chief of national team of teamgym.

KEY WORDS:

Teamgym, sports training, questionnaire, interview, plainnig, records, coaching activity, representation