

Abstract

- Title:** Perception and realization of condition training in youth category in handball
- Objectives:** The aim of bachelor thesis is to find out how is a conditional training implemented in young category under 14 years old
- Methods:** For collecting data was used anonymous questionnaire which was extended by Czech Handball Federation across many trainers from category under 14 years old
- Results:** Conditional training has more space in clubs with higher status than in clubs with smaller status by Czech handbal federation. Conditional training is created by head coaches and conditional training is used in form of mini-blocks in handbal training.
- Key words:** handball, strenght training, conditional training, Czech handball federation, long-term development of athlete