

## **Abstract**

- Title:** Awareness of strength conditioning training in junior basketball
- Aims:** The main aim of the bachelor's thesis is to find out to what extent coaches of junior basketball categories use and work with strength conditioning training. It will be especially evaluated at what time of the season they use this training, what type of strength they primarily focus on, in what form they work with this method and whether they see a shift in their playing activities due to the use of strength training. Further, I describe the possible forms of strength training exercises designed for the development of these specific strengths.
- Methods:** The thesis uses a questionnaire method, which aims to find out the experience of basketball coaches with strength training and in which part of the annual training season they use it most. The questionnaire also uses an interview method. The results are graphically processed using graphs and factual comments. I submit the questionnaire to individual clubs, completing is anonymous.
- Results:** After finding out the theoretical basis from the literature and processing the results of the questionnaire survey, the awareness of youth basketball coaches about strength training of basketball was found. It was found that strength training is mainly used in the preparatory period of the season. Coaches often observe shifts in fitness after strength training.
- Key words:** Strength skills, training, basketball, youth, training aids.