

Abstract

Title: Optimization of Sports Training for Children and Youth in Rowing

Objectives: The main objective of this work is to design an inspiring training plan for coaches of youth categories based on literary research. This plan should assist in optimizing training methods, preventing early specialization, and premature termination of sports careers in later years.

Methods: This work deals with a literature review in the field of rowing and sports preparation for children and youth. The methodology of document study, content analysis, and synthesis of information is utilized to explore the available literature on trends and methods in the training of young rowers. The result of this work is intended to serve as an inspirational training plan for coaches of junior categories.

Results: The result of this work is a comprehensive overview of literature concerning sports preparation for children and youth in rowing. We have identified key trends, methods, and approaches in this field and synthesized them into an inspirational training plan for coaches of junior categories. This plan should serve as a useful tool for optimizing training methods and supporting the healthy athletic development of young rowers.

Keywords: sport, rowing, training, children