

ABSTRACT

The thesis deals with plyometric exercises and their use in sports training. The theoretical part describes the beginnings of Czech athletics, then the essence of sports training, its components and principles are described. The main emphasis is on plyometrics, its origins, characteristics and benefits for training units. Furthermore, suitable surfaces and aids for performing plyometric exercises are discussed. Also illustrated are the effects of plyometric training around the peak of growth development and the implementation of plyometric training within sports training. The practical section focuses on specific plyometric exercises for the upper and lower limbs, which are accompanied by photographic documentation, including descriptions of proper technique, common errors, and muscle group involvement. Finally, recommendations for practice are suggested, including frequency, intensity and volume of exercises, taking into account the level of the athlete and the phase of the training cycle. This work provides valuable insights for the effective use of plyometrics in modern sports training.

KEYWORDS

Plyometrics, injury prevention, explosive strength, athletics, sports performance

