

## **Abstract**

**Title:** The Conception of Sports Training for Young Judoists

**Objectives:** The main aim of this work is to describe and assess a suitable conception of training for young judoists. The paper also points out the effective methods of training and the aspects that need to be prioritized and avoided by the judo instructor. The focus is also on the control of training and the levels of general movement skills of the selected group.

**Methods:** The author used various methods of data collection and the analysis of technical bibliography which was focused on general sports preparations, study of available materials for judo training and own practice of the author. The materials and the bibliography were analyzed and structured according to applicability to the specific subjects.

**Results:** The results of this paper emphasize the importance of development of various aspects while training young pupils. The results also stress the necessity of frequent training controls.

**Keywords:** judo, training, young judoists, conception, battery of tests