

## **Abstract**

**Title:** Coaching of Fitness Basketball Training in Adults Basketball

**Objectives:** The aim of this work was to deal with literary research and to create a training guide to men's fitness training for basketball coaches. In this research I have worked with up-to-now experience which I have extended by translation of foreign literature and basic human physiology.

**Methods:** Research and comparison from foreign and Czech literature which is concerned with sports training in basketball.

**Results:** The thesis is conceived as a comprehensive concept of a fitness training for adult basketball players. Because this study is supplemented by an knowledge from foreign sources and basic basketball preconditions, it may be used as a fitness training giude or an information source for basketball couches and trainers. Health aspects are introduced as a part of the study too. The fitness training, in a basketball environment, is characterised by a connection of a perfect technical performance and a high level of a speed and power requirements. It is very important to apply all exercises in an areal and temporal distress. Therefore, a basketball game has very high demands on a motor coordination, dexterity and a performance speed.

**Keywords:** Condition training, physiology, influencing of abilities, basketball, season