

Abstract

Title: Movement preparation about young basketball players

Objectives: The aim of this bachelor's thesis is to study the literature related to the issue of movement preparation of novice basketball players, then to find out the opinions of the respondents by means of an on-line questionnaire survey and to get a comprehensive view of this issue.

Methods: The survey was done by means of an on-line questionnaire form via the Internet.

Results: Through a questionnaire survey I found out the opinions of 47 Czech coaches of children and youth, which I compared with professional literature and came to the following results - the most suitable age for the beginning of basketball attendance is 8-10 years old, the best way to achieve quality and long-lasting sports performance is to follow a developmentally appropriate training pathway with adherence to the principles of versatility and progressive loading; the main reasons for lessening participation rates in basketball at the ages between 10-15 appear to be interest in other hobbies; at the age of 15-20 years there is pressure to perform, other interests and health problems, which may be closely related to early specialization training.

Keywords: basketball, movement preparation, youth, early specialization, training, questionnaire.