

The Theory of Sport Training

Basic Principles

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ERASMUS MOBILITY
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The teaching plan

- 27.9. Introduction, content of ST, macrostructure of sport training, basic idea, basic terms, history
- 11.10. The aim of ST and Sport Performance, Structure of SP
- 18.10. Adaptation to SP, load
- 25.10. The components of ST, motor abilities, endurance
- 1.11. Practical lesson: endurance - methods, training means
- 8.11. Speed and strength, precondition for good performance level, methods, training means

The teaching plan

- 15.11. Practical lesson: strength and speed development
- 22.11. Motor skills, motor learning, technique, coordination
- 29.11. Practical lesson: development of skills, coordination, technique
- 6.12. Planning in sport training, diagnostic in sport

- 13.12. Test