

The aim of the thesis is to show educational and social format in training of rhythmic gymnastic. The first part describes rhythmic gymnastic in general and its historical evolution. The theoretical part also includes some ways of preparation before starting training, also pointing at possible difficulties. The most important part of this bachelor thesis is in the following chapter, where there are represented all educational methods and didactic principles used in rhythmic gymnastic training. Those methods are also described in chapter 9. "Vlastní praxe" ("My Own Experience") dealing with my home gymnastic club where I coach girls starting with this sport and girls in grammar school. These principles are showed in specific training programs of the girls by practical examples. One of the most important factors influencing the performance in gymnastics is the relationship between the gymnast and her coach, which is described in the following chapter. This chapter also suggests the characteristics of an ideal coach. Rhythmic gymnastics is trained in sport club and therefore I describe its structure, relationships and specifics of group routines.