METHODICAL ASPECTS OF MAXIMUM SPEED DEVELOPMENT

Abstract

The maximum speed, which people produce in movement, depends on various factors. Maximum speed is a product of the frequency and the length of stride. Development of maximal speed is not constant, but has certain oscillations, particularly in the adolescence period. In methodology of training for development of maximal speed there are two paths available: synthetic and analytic. In synthetic training the emphasis is on the development of speed as a whole, whereas in analytic training the emphasis is on separate training of individual speed components. Finally, main strategy of efficient speed training is based on the use of such training methods and tools, which prevent stabilisation of speed. Development of maximal speed is a long term process with many scientific comprehensions included.

Key words: speed, maximum, development