

Sažetak

U radu su date fiziološke osnove plivačkog treninga u vaterpolu sa anatomsko fiziološkim osobinama vaterpolista i organizovanje plivačkih priprema vaterpolista u pripremnom i takmičarskom periodu. Objašnjene su anatomsko fiziološke osobine vaterpolista i organizovanje plivačkih priprema vaterpolista u pripremnom i takmičarskom periodu.

Kao primjena teoretskih objašnjenja dat je konkretan plan takmičarskih priprema u dvije faze pripremnog i osnovnog perioda tj. predkamičarske i takmičarke faze.

Objašnjen je način organizovanje plivačkih priprema vaterpolista u pripremnom i takmičarskom periodu.

Opisani su i standardne metode plivačkih testiranja prilagođenih vaterpolistima.

U uvodnom dijelu dat je i istorijski pregled razvoja vaterpola u svijetu, regionu i Bosni i Hercegovini, kao prvog ekipnog sporta na Olimpijskim igrama.

Ključne riječi: vaterpolo, plivanje, pripreme, takmičenje, periodizacija

Abstract

The paper presents the physiological basics of swimming training in water polo with anatomical physiological characteristics of water polo players and the organization of swimming preparations of water polo players in the preparatory and competitive period. The anatomical physiological characteristics of water polo players and the organization of swimming preparations of water polo players during the preparatory and competitive period are explained.

As the application of theoretical explanations, a concrete plan of competing preparations has been given in two stages of the preparatory and basic period, ie, pre-skating and competitors stages.

The way of organizing swimming preparations of water polo players during the preparatory and competitive period is explained.

Standard swimming-test methods for water polo players have been described.

In the introductory part is also a historical overview of the development of water polo in the world, the region and Bosnia and Herzegovina, as the first team sport at the Olympics Games.

Key words: water polo, swimming, preparation, competition, periodization