Abstract

Title: Comparison of content of training process due to age and period of the year macrocycle in Spanish football academy

Objectives: Main object of this bachelor thesis is an analysis of trainings of two age categories and two types of macrocycle in Spanish football academy of CD Lugo.

Methods: In our thesis we used a method of observation, analysis and a method of comparison. We analyse the preparations of trainings, which we then observe and method of comparison while we are comparing trainings of two different ages and two different types of macrocycle.

Results: Research has shown a great representation of game training and frequent usage of methodologically organizational form preparatory games in both categories and both examined periods, when in the younger category was this training type and this methodologically organizational form less frequently than in the older category. Game training was 62 % of training content in both periods of category U11 and 56 % in preparative period and 69 % in competitive period of category U19. Methodologically organizational form preparatory games were 66 % respectively 71 % of training process of category U11 in preparative, respectively competitive period and 64 %, respectively 81 % of training process of category U19 in preparative, respectively competitive period. In the younger of categories was not found significant difference between both monitored periods. In category U19 occurred rehearsal (15 % difference) and methodologically organizational form preparatory exercise of 1st type (17 % difference) more frequently in preparational period due to position trainings.

Conclusion: The main discovery of this thesis was that training process in this Spanish football academy concentrate in both categories on game training and rehearsal of playing skills was performing with modified football games and in game situations. Based on the findings, we can recommend doing the training process as close as possible to the game with its difficulty.

Keywords: comparison, football, sport training, training process, content of training process