

Abstract

Title

Stimulation of muscle strengthening in football

Objectives

The primary goal is to analyze a literature on the problematic of this bachelor work.

The secondary goal is to design a movement intervention to stimulate the football's muscle strengthening at the semi-professional level, focused on male football category.

Methods

Literary research method and subsequent creation of proposals for intervention programs.

Results

The main product of this bachelor work is a creation of comprehensive proposals for intervention programs in each RTC period. This bachelor work could be beneficial to players and coaches, who have not sufficient knowledge of fitness training, after verification in practise.

Key words

Organizational forms, fitness training, muscle strengthening, intervention proposal