

## **ABSTRACT**

This thesis, titled "Using of the Athletic Training in the Preparation of Women Rugby Player", is the work determining the applicability of the athletic training to the training plan of women rugby players. The aim is to find out if it is possible to comprehensively increase the preparedness by using athletic conditional training. A partial goal is to create a specific six-week training plan and use it in practice. The thesis theoretically explains the use of athletics in the training process, the structure of sports performance in rugby, the health aspects of rugby, the use of sports training in rugby, all conditional skills and diagnostics of sports performance. There is shown training intervention on the women's team of the selected rugby club and the results of the test battery determining the flexibility, explosive strength of the upper and lower limbs, agility and maximum aerobic capacity in the practical part.

**Thema works:** Using of the Athletic Training in the Preparation of Women Rugby Player

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**Aims:** The main aim of this work is to find out if the application of athletic conditional training can increase the preparedness of the women rugby players from the selected rugby club. Partial goal is to build and practically apply six-week athletic training during the preparatory period of selected women's rugby team.

**Methodology:** Using a battery of motor tests to find out the effectiveness of athletic training practically applied within a six-week training intervention bounded by two tests. The first testing was carried out on February 5, 2019 in the athletic hall of the selected rugby club. The second testing was conducted under the same conditions at the same time on March 19, 2019. I used arithmetic mean, median, maximum, minimum, standard deviation, and z-points. I compared the tests by Student's t-test with respect to selected hypotheses. Next I assessed the results of the individual players.

**Results:** The hypotheses H1 and H2 measuring the explosive strength of the upper and lower limbs were disapproved because the improvement of the results of the second measurement was shown statistically insignificant. On the contrary, hypotheses H3 and H4 measuring speed with agility and endurance with maximum aerobic capacity were confirmed. The results improved significantly. The level of mobility was reduced on average in the order of tenths of a centimeter, which proved to be statistically insignificant and the hypothesis H5 was confirmed. The results of two players got worse.

**Key words:** athletics conditioning, rugby, women rugby, rugby sevens