

## **Abstract**

### **Title:**

The Effects of a warm-up on the performance of football players

### **Objectives:**

The comparison of influence of two types of warm-up before and after a physical activity on performance of U19 football players. Testing of subsequent post-warm-up performance focused on acceleration, explosive power and agility.

### **Methods:**

In this empirical-theoretical thesis, a total of twenty-four U19 football players, divided in two experimental groups, is tested. The players within each group undertook either a complete dynamic warm-up or a shorter warm-up without the dynamic component. The performance was tested after the warm-up utilizing four tests - an acceleration run test on 30 m, a standing long jump, a foul throw and a shuttle run. The same tests were conducted again after an interlaid physical activity. The same procedure was repeated after a week when the two groups swapped the warm-up methods. Statistical analyses were employed to evaluate the results.

### **Results:**

The hypothesis 1, assuming a positive effect of a complete dynamic warm-up on the performance before the physical activity was on one hand supported in the acceleration run on 30 m and the foul throw. On the other hand, no distinctive advantage of a complete dynamic warm-up was observed for the standing long jump and the shuttle run. Hypothesis 2 presupposing no statistically meaningful difference among both groups was supported with the test results in the foul throw, the standing long jump and the shuttle run. Contrarily, the results of the acceleration run on 30 m still exhibited a statistically meaningful differences within the experimental groups.

### **Keywords:**

warm-up, explosive power, acceleration, agility, football, repetitive testing