

Abstract

Title: Warm-up and toning in football

Objectives: Comparison of the two types of warm-ups on repeated tests of explosive force of upper, lower limbs, acceleration and agility test.

Methods: The research group consisted of 17 players in the category of U15, who passed four tests of two selected types of warm-ups, warm-up with toning and warm-up without toning. The measured tests consisted of a acceleration test to 30 meters, a shuttle run, a medicine ball throw and a long jump. A total of three training sessions were measured, with a weekly pause between tests, within a field training experiment. In the result part we used the method of analysis to analyze the results of all tests. The comparison was used to compare the results of all tests after two different types of warming-ups. The measured values were processed by using tables and graphs.

Results: The values of the players in the tests after the toning warm-up were better than the results of the players after the warm-up without toning but on the limit of a low substantive signifikance. The biggest difference was in the acceleration test to 30 meters, the smallest difference was in the throw of the medicine ball. The first hypothesis was not confirmed but the second one was succesfully confirmed.

Summary: Even when the results we measured did not confirm the first hypothesis, we can talk about tendencies of improvement in favour of the experimental group at the level of low materiality.

Keywords: training, testing, analysis, comparison, field training experiment