

## **Abstract**

**Title of Bachelor thesis:** The difference between the coach's notion and the reality of the level of regeneration in football in the category under-19

**Aim of thesis:** The main aim of thesis is to find out in what extent from coach's point of view matches the notion of ideally realized regeneration for football players in category under-19 and real realization. The first part-goal of the thesis is analysis of the approach to the regeneration and compensation of football coaches of U-19 category. The second part-goal is analysis of the availability of regenerative means in category U-19.

**Methods:** Survey using a battery of questions compiled into a non-standardized questionnaire.

**Results:** The thesis brings results, that show the gap between the ideally realized regeneration for players in category U-19 through the eyes of coaches and its actual implementation. It points out the possible causes of the problem, which may be insufficient conditions, reluctance of players or lack of time. The analysis of the football coaches approach to regeneration showed, that the coaches are aware of the importance of regeneration in the training process and at the same time confirm the seriousness of the problem of insufficient regeneration for players of category U-19. An analysis of the availability of regenerative means at the level of older adolescents in football shows, that more affordable regenerative means appear in the vast majority of teams, while the more financially demanding ones rarely appear in teams. The results obtained from the questionnaire survey are processed in the form of graphs and tables in the results part of bachelor thesis. To create graphs were used Microsoft Excel and server survio.com.

**Key words:** Football coach, regenerative means, regeneration procedures, football category U-19, football player, team