

Abstract

Title: Influence of combat sports in football performance

Objectives: The main objective is to find a connection between combatives and football and to present the possible benefits of including combat in the training of football players. To find the answer to the question why to include combat exercises in the training process. Find out whether fights can help players on the field during the match or even as injury prevention. Introduce famous athletes who have incorporated combatives and martial arts into the training process and helped them become leaders in their sport. Make six exercises, which can be put into training process of footballers.

Methods: The work uses a thorough review of literature and relevant online resources. The analysis of sources then allows synthesis of the findings, which is described in the theoretical part. The practical part uses the acquired theoretical basis for creating combat exercises suitable for football players.

Results: Due to a thorough search of resources and study of the literature, six exercises were created, which can be included in the training process. Furthermore, possible benefits were presented and the effects of combat training for footballers were introduced.

Keywords: football, combat sports, martial arts, training