

Abstract

Name: Condition monitoring of elite floorball players

Goal: The aim of the work was to assess the fitness readiness of elite floorball players using tests focused on speed and agility. Partial aim of the work was to find out the differences in fitness readiness between female players in different game posts.

Method: We used field tests (sprint to 5 m, 10 m, 20 m, 505L, 505P, K – test and BUMAZA) for Brower Timing photocells (Brower Timing® Systems, USA), which has an accuracy of 0.01 s. Tests focused on acceleration speed, locomotor speed, acceleration and motion deceleration capability, agility. The results were processed in Microsoft Excel, the results are expressed through tables.

Result: Female floorball players were found to have achieved similar results in their chosen tests as footballers aged 16-17. From older pupils in the categories above, however, both footballers and floorball players had better results. When comparing the different posts in the field tests, we concluded that the players who play at center were the best performers.

Key words: speed, endurance, testing, coordination, agility, floorball.