

Abstract

Title	Movement determinants of football performance
Objectives	A systematic review of the knowledge dealing with the determinants of sports performance in amateur, semi-amateur and professional football players. A comparison of the results of studies on speed and power.
Methods	The methods used in the development of this thesis was the analysis of relevant literature, studies and internet sources. Their subsequent description. The thesis is written in the form of a review study. To obtain relevant information, electronic databases pubmed.com, journals.plos.org, ncbi.nlm.nih.gov, tandfonline.com, researchgate.net, link.springer.com, lww.com and dspace.cuni.cz. The following words were used in the search: football, soccer, performance, strength, speed vertical jump.
Results	A total of 19 studies were selected for the review. Maximal average speed, when reaching an average speed above 30 km/h, largely does not affect motor performance. Players improve their movement and stress test results over the last 20 years. There is a strong correlation between speed and strength abilities.
Key words	football, speed, strength, performance, study, vertical jump, CMJ, SJ, VJ