

Abstract

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Title: Application of the plyometric method to develop maximum sprint speed

Objectives: The aim of this thesis is to create a comprehensive literature search in the field of maximum speed development using plyometric method, followed by compiling a set of plyometric exercises and designing a plyometric training plan.

Methods: The method of this work is literature search.

Results: Based on the literature search, the theoretical foundations related to maximum speed and plyometrics were analyzed. The results of the literature search confirmed that plyometric training has a positive effect on maximum speed. Furthermore, the principles of creating and applying plyometric training were analyzed, leading to the compilation of a set of twelve plyometric exercises. These exercises were subsequently incorporated into an illustrative training plan, which, after customization according to the individual needs of the athlete, can be suitable for implementation in training practice.

Keywords: plyometrics, stretch-shortening cycle, speed training, sprint, maximum speed, performance optimization, training plan