

Abstract

Analysis of the Youth Football preparation training process

Goals: The goal is to find using a detailed analysis of the training diary differences in youth football preparation process of players in SK Slavia Praha in 2007 and players registered in special football classes in 1998. In addition we focused via the content analysis on finding other training indicators. Further goal is to compare youth football preparation process in the Czech Republic with German speaking countries.

Methods: We used the content analysis of the annual training diary of U-7 players at SK Slavia Praha to help comparison and evaluation of desirable or undesirable exercises insertion. By dividing the training diary into sections and further into particular exercises we have found important information about the structure, frequency and direction of exercises. The final results we have compared with the sport preparation training program issued by the Czech Central Committee of the ČSTV for youth registered in special football classes in 1998.

Findings: Based on the documentation analysis of training diary and followed by content comparison of the youth sport preparation programme from 1998 we have concluded significant differences in youth football preparation process. We presume that the significant modification is driven by higher requirements on individual players qualities in professional football.

Key words: football, training, youth preparation, training diary