

TITTLE:

Athletic means for improving conditional readiness of footballers.

AIM OF ASSESSMENT:

The aim of the thesis is to determine whether the use of athletic equipment and condition methods during the winter preparatory period, especially in amateur football players will improve their motor performance and overall physical fitness.

HYPOTHESES:

H1: We assume that most of the measured input values will be of average or slightly below-average values.

H2: We suppose increasing motor performance, by means of athletic equipment and condition methods in all players.

METHOD:

The thesis is prepared in the form of quantitative empirical research. This research was carried out in standardized conditions with minimal outside influence (hall).

Partly been studied in non-standard conditions (football pitch).

Selected set of players are adults aged 18-38 years.

RESULTS:

From the results we found that most of the input values of the probands were in average or slightly below-average values. To enhance motor performance occurred in all tested for certain performance remained constant or can be considered constant (in the case of the minimum aggravation). But for the vast majority of the test file, all types of tests have been progressive changes.

KEY WORDS:

Athletics, football, physical ability, Unifittest (6-60), athletic means, condition methods.

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