

## **Abstract**

**Diploma Thesis:** Utilization of track and field exercises in the athletic training of women's soccer

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**Goal of Diploma Thesis:** The monitoring of utilization of track and field exercises in athletic training of the women's soccer via questionnaire. At the same time the monitoring of cooperation within specialists of conditioning training and women's soccer clubs in Czech Republic, the monitoring of categories of their specialization, mainly category of coach of track and field. The monitoring of attitudes and methods of coaches to conditioning training is another goal of this thesis.

**Methods:** To achieve the goals of thesis, was created and distributed anonymous questionnaire among coaches of women's soccer teams in Czech Republic. 20 from 50 queried coaches filled their questionnaires in and sent them back.

**Results:** I found utilization of track and field exercises by every queried coach. Each of them is using these exercises in different rate. We can generally say that running exercises are frequently used, less used are jumping exercises and throwing and strengthening exercises are little used. Specialists of the conditioning training are part of women's soccer training just in a few cases. Track and field coach was not hired in any case. Most of the coaches have reasonable attitude to soccer training.

**Key words:** women's soccer, soccer training, conditioning training, track and field coach, track and field exercises