Abstract

Title of work:

Physiological load analysis of women´s lacrosse game

Objective:

The aim of this thesis is the analysis of women´s lacrosse game in view of physiological load. The determination of bio- energy covering during lacrosse game and propose the usage of the records into pratice.

Method:

First method was heart rate measurement during lacrosse game together with ran distance on the basis of run intesity difference. Sport tester Garmin Forunner 305 was used for both measurements. Second used method was the observation on the basis of generated assesment scales. The assesments were engaged in monitoring of player´s movements with nine grades scale technics and was based on direct observation of player´s movements facilitated by game videotape.

Results:

Physiological load of lacrosse midfield players needs speed-endurance energy covering system, which is supplied mostly by ATP/CP system and by lactate non-oxygen system. Physiological load of lacrosse attack and defence players needs only speed energy covering system, which is supplied by ATP/ CP system. Practice requires speed and speed-endurance skills workouts.

Key words:

Women´s lacrosse, lacrosse game, physiology of physical load, kinetic activity, ATP, lactate, oxygen and nonoxygen energy covering system, sports game.