

Abstract

Title: Special running exercises in football training of young footballers

Objectives: The aim of this work is a comprehensive summary of special athletics running exercises as a means of training for young footballers. The aim of the empirical part is to find out by pooling the details about the usage and knowledge of special running exercises of trainers.

Methods: In our thesis we used a method of questioning. Because our prepared questions were not standardized. The character of pooling is an inquiry. Respondents should be introduced as an unrepresentative sample. Data were collected by e-mail correspondence. Results were entered into graphs and tables and their interpretation has been made.

Results: The term special running exercises is well known for most of coaches. All the coaches consider important to develop technique of running. 81% of respondents use special running exercises to develop the technique. Coaches apply SBC for many purposes. Compared with various kinds of match level the most correct-techniques-training is used in division's teams. None of the coaches, who uses a special running exercises to correct the errors in the technique of running weren't able to describe all the occurred errors.

Keywords: athletics, ABC, football, training, technology, performance