

ABSTRACT

LOADING CONDITION IN WOMEN'S FLOORBALL MATCH

OBJECTIVE OF THE WORK

The main objective of this work, is to find out using several measurements in which the intensity of the players mainly move throughout the floorball game. Therefore, during a stay on the field, in rotation, and in the intervals between the thirds.

METHODOLOGY

We carry out measurement on 6 players of highest league team. Initially, the physical tests have been carried out, which took place in the laboratories of the FTVS. The results serve as input for further measurements, which was directly in the game, where the sport testers was a notch frequency.

THE RESULTS

According to the results of the heart rate is shown that players mainly move in very high intensity.

KEYWORDS

heart rate

the intensity

exersice tests