

Summary

The title of the work: Floorball goalkeeper conditioning

The aim of the work: Based on the identified needs for floorball goalkeeper conditioning the diploma thesis deals with composing the manual for stimulating their specific demands.

Methodology: The essentials of the work are both foreign and Czech literature searches dealing with the given issue, measuring functional ability with a sporttester and maximum heart rate laboratory measurement. Based on floorball goalkeeping functional requirements two main areas of stimulation have been defined – speed and speed endurance. The work has been consulted with the renowned conditioning trainers – namely e.g. Josef Bruk (ice hockey goaltending), PhDr. Aleš Kaplan (basketball, football, athletics) and PaedDr. Miroslav Špalek (football goalkeeping, tennis).

Outcomes: Measured values of heart rate during floorball goalkeeping performance have reached over 70 % of goalkeepers' maximum heart rate. The measured data show high demands on conditioning component of floorball goalkeeping and the need for its continuous improvement for better performance. As with growing heart rate combine some negative impacts on performance – tiredness and concentration problems. It is possible to influence versatile fitness, adapt organism to physical load and develop specific sports skills by appropriate conditioning training. The main outcome of the work is the integrated information for stimulating the specific conditioning needs of floorball goalkeeping.

Key words: Sporttester, heart rate, physical load components