

SUMMARY:

Title: The development of the „game speed“ in floorball (manual)

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Objectives: The purpose of this thesis is to make up the manual of exercises developing the game speed in floorball match surroundings and perspective efficiency verification of it.

Methods: Searching and creation of efficient methods, the comparison of this methods and their efficiency.

Results: The result of this thesis is the set of 20 exercises. The set consists of the basic exercises, which can be used in other sports games and the specific exercises in the context of the development of the „game speed“.

Keywords: Sports games, training in sport, speed, agility