

Bibliographical identification

Title of Bachelor work: Degree of exercise specificity in winter preparation period in football

Place of work: UK FTVS

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Field of study: Physical education and sport

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Generalization:

In this work we will try to determine the specificity of peace exercise in the winter pre-season football. The aim is to analyze pre-winter season in football in terms of degree of specificity in the development of fitness abilities. The data collection method to use direct observation, as when the player is attending the winter pre-season and each training unit to record a pre-prepared sheet. Statistical relative expression level of specificity of training in preparation discover whether the conditional ability to develop more specific or nonspecific manner at the regional championship adult football players.

Key words: fitness, specificity exercise, the preparatory period, training game