

Abstract

Title: The winter training of the best first league female football teams

The aim of my thesis is the analysis of training processes and mapping equipment used in the winter training of the best first league women football teams. A sub-objective is to observe the training units in the club SK Slavia Praha and 1. FC Slovácko and at the base of obtained data to content analysis of the training process. The main focus of analysis is the objective of training units, the use of aids, load intensity and the number of women-players and coaches. The results of the analysis provide a basic starting point for improving the training process in the winter preparation period.