

## **Abstract**

**Title:** A comparison of the preparations of different age groups of handball goalkeepers during the summer off season

**Objectives:** The objectives of this work is evaluation to compare the differences in summer preparations for each category of handball goalkeepers. Three pre-selected goalies collect data in tables and based on their records there is a comparison of the collected data. We assessed the relationships between individual and collective training and training intensity during the evaluation. Goalkeepers training units in the preparatory period for women take 6 weeks, 5 weeks for junior girls, and younger girls 3 weeks. The results show us, whether there is a difference between different age groups and what is their training load.

**Methods:** The information we received from goalkeepers was a record of direct and indirect observations. The methods of evaluation of obtained materials are numerical and graphical (tables and graphs).

**Results:** The results of our work confirm that most goalies have minimal individuality, which may be reflected in their performances. They also confirm that the woman's category has a greater volume site, but the content is comparable with the junior girls category.

**Keywords:** goalkeeper, training, performance, off season training