

The abstract

The present thesis is written as a summarizing study. The principal goal of the thesis is to summarize available scientific studies, researches and information concerning women's football. The studies of domestic and foreign academic prose, foreign theses and scientific studies found in the databases of scientific articles (SPORTDiscuss, Google Scholar, Web of Science) are included in the content. It was shown that there are many studies and scientific articles abroad in this field and it is the reason for categorizing individual fields. The studies dealing with the ACL injuries among women frequently appear in the databases. Nearly all the results dealing with this topic agreed that women are more susceptible to this kind of injury. Some of many reasons proved gender differences in skills in kicking the ball with the front instep and differences in the implementation of various physical activities which became subjects of research. Further the study demonstrated differences between men and women in the field of condition not only on the basis of anatomic and physiological differences. Different approach to application of training methods for women in the field of condition appeared as an important factor. Other area of research was performance in motor tests which proved unequal. Finally, performances during the match were rated depending on the positions of players.

The conclusions of this study can be significant material for other studies in the field of women's football which is currently very dynamically developing sport. Simultaneously, this study could be a benefit for trainers of women football teams.

Key words: women, football, women's football, gender differences, ACL injuries, physical condition, condition requirements, player's position.