

Abstract

- Title:** Use of core training in floorball
- Objectives:** Present an overview of research papers regarding core training and its possible use in floorball
- Tasks:** First aim of this thesis is to provide description and explanation of the core training by using available literature, research papers, bachelor or magister thesis and also thesis of the coaching school. Second aim is to analyze the necessary components of floorball player's performance relative to the core training. This is followed by a suggestion of a core training program based on this analysis. Its aim is to improve the lumbopelvic stability, which should lead to improvement of in-game performance of players in the senior category. Finally, it describes the changes in the floorball program during one year long training cycle.
- Methods:** Research and comparison of literature in the field of core training.
- Results:** The result of this thesis is to make an appropriate core training program for adult floorball players with aim to improve the lumbopelvic stability and description of the meaning of the core training.
- Keywords:** Core training, floorball, conditioning, core, lumbopelvic stability