

Abstract

Title: Use of fitness center to affect the strength of the lower limbs for football players.

Objectives: The aim of thesis is to create an overview for strengthening the lower limbs of football players from lower categories in fitness center. Find information about the strengthening of the lower limbs of football players from performance category and compared with men who go strengthen to the fitness centers.

Methods: The paper has been used the literature analysis and carrying out survey which was conducted using interviews. 50 football players of performance category were target group.

Results: In this work it was found that 72% football players dedicated strengthening the lower limbs especially in a comprehensive way and not just in fitness centers, as well as at home and in training. The lower limbs of football players are overwhelmingly strengthened, but at lower categories the guidance of trained coach is missing. The number of reps and sets in training for the lower limbs are rather lower. 60% of footballers train in one set under 10 reps and 84% footballers do under 16 sets in strength training of the lower limbs.

Keywords: Lower limbs – football - strength abilities - methodology of the strengthening – exercises application.