

## **Abstract**

**Title:** The effect of a short-term intervention program for development of sprint abilities in young soccer players (U15)

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**Objectives:** The aim of the thesis is to verify the effectiveness of a short-term intervention program for sprint speed development in young soccer players (U15).

**Methods:** The research sample included soccer players (15 year old; n=12; 14,2±0,3 years) from the highest competitive level in the Czech Republic. For the interventional effect verification we used several sprint tests (sprint on 5, 10 and 30 meters, shuttle sprint 2x10 meters). Data analysis was performed by using IBM SPSS software version 22.

**Results:** In the experimental group we did not find any significant improvement in the posttest in any individual tests after completion of the short-term speed-oriented intervention. Based on our results we note that we have failed to verify the effectiveness of the short-term intervention program for the sprint development in the young soccer players.

**Keywords:** movement intervention, young, soccer, speed