

## **Abstract**

**Title:** Comparison of physical activity programs in football category U7.

**Objectives:** The aim of this thesis is to determine the effect of two different five-week intervention programs for performance in gaming skills at 7 years old football players.

**Methods:** In this thesis was used experimental plan called Switch replication design and own tests of soccer skills. To compare the effect of selected intervention programs was used method of comparison.

**Results:** For shooting on the goal with proved enhanced effect after completion of the intervention program, whose contents were training of the exercises training of the football skills and training of the games. For other skills visible effect of the intervention program was not found.

**Key words:** football, training exercises, training games, periodization, football skills, intervention program