

Abstract

Title: Fitness training in performance football

Objectives: The main objective of this bachelor thesis is the characterization and analysis of information about fitness training at a performance level of a football team that trains 2-3 times a week. Subsequent comparison and verification of adequate knowledge gained from optimal resources are used to improve fitness condition during yearly training cycle.

Methods: First, the information about fitness training was compared based upon the analysis of the scientific literature. Secondly, the model training units focused on individual fitness assumptions were created. Thirdly, research data in the form of a survey from football coaches was compiled. Finally, field tests that were designed to improve performance level were applied.

Results: In the thesis I found that a fitness training for football in performance level is as important in both preparatory periods as in fitness training of professionals. Although, it is much less intense. Based upon the analysis of the verified data and resources, the objectives of this thesis were achieved and hypotheses were confirmed. Content of individual results of this work is discussed in the relevant chapters.

Keywords: Fitness training, fitness preparation, training unit, performance football