

Title: Regeneration in football

Author: Filip Soucha

Supervisor: PaedDr. Ladislav Pokorný

Abstract:

The aim of the Bachelor's thesis is the insight into the different football clubs in different competition levels and the issue of regeneration within the different football clubs. The Bachelor's thesis is divided into theoretical and practical part. The theoretical part will be focused on the strain in the football and its impact on athletes. All of the available regenerative methods and means will be summarized and briefly defined. The practical part consists of a questionnaire survey that is oriented to the players from selected clubs. The aim of the practical part is to give a comprehensive overview of the issue of regeneration in the football. The overview will be achieved by using the partial objectives: First of all, to find out the level of knowledge concerning the issue of the need of regeneration and its use and also to provide different opinions on the issue. Secondly, to find out whether the club provides regenerative means to its players; and last but not least, to provide whether the regeneration has an effect on the percentage of injured players. The output of the practical part will be processing results and their evaluation in well arranged tables and graphs.

Key words:

football, regeneration, injury