

Abstract

Title: Loading analysis of soccer players during different form of small-side games

Objectives: The main goal of thesis was analyze physiological changes of the body in various forms of small football games by selected players of the pupil category U14. To analyze was used a total of four skill games, always with the same number of players, but with a different size of the board. Next goal of research was to find which size of the pitch is the most effective for the players of this category in terms of response to physiological functions.

Methods: The test group was consisted of 16 Football players aged 13-14 years old. Testing took place in two training units, in each of training units players having completed two forms of playable games with four repeating. In work is used indirect (mediated) observation because the data was recorded by using the devices. The data from the devices was subsequently processed into the result form. During the testing was used this device GPSports and sporttester „Polar RS800“.

Results: The results of the work inform about the physiological responses of the organism in individual forms of preparatory games and also compare one another. Based on results was found, that different size of playing table will cause both internal and external changes in the response of organism to the load. Bigger size of the pitch caused increase of values average speed and runned distance. Pulse rate manifested itself in two changes of pitch Increasing the average value and reducing it in one case.

The end: Based on results of research it is not possible to clearly determine the form of the preparatory game, which would be the most effective from the view of the responses to physiological functions. However, an adequate form of preparatory game can be selected if the goal of the training unit is known.

Keywords: soccer, diagnostic, match loading, time-motion analysis