

ABSTRACT

Title:

Proposal of the model of annual floorball training cycle

Objectives:

The aim of my graduation theses will be the proposal of annual training cycle by means of annual training cycle analyse in season 2004/2005 of Czech and Swiss extraligue team and the usage of theoretic knowledge.

Floorball is one of the youngest indoor team sport since 1992 established by CFBU with the noting unusual boom. Compared to other sports with longer tradition the floorball has the reserves in knowledge, strictly speaking lack of written documentation and material for help to coaches in training processes.

Methods:

There is the method of proposal and demonstration during elaboration of this task as well as method of formative evaluation, method of juxtaposition.

Results:

The result of my graduation theses will be the proposal of annual training cycle. The annual training cycle will be characterized by means of nonspecific and specific indexes.

By means of specific indexes will be characterized particular microcycles.

For the clearness the results will be presented by means of diagrams and charts.

Keywords:

floorball, annual training cycle, microcycle, training unit, training process, proposal of annual training cycle