Abstract

Title: Changes in motor performance of competition level adolescent and adult football players during winter training period.

Objectives: The objective of this thesis is to confirm the efficacy of winter training on changes of motor performance by measuring and comparing topical condition of the players with the help of initial and final somatic and fitness parameters diagnostics of two football teams (adult men and adolescents) that compete in football competitions at similar amateur level and by comparing the achieved results.

Methods: The methods used were measuring, comparison and data analysis. The assessment of motor performance of individual players was based on the series of tests UNIFITTEST 6-60 that was complemented with tests of specific football skills: long distance kick and heavy ball throw.

Results: The conclusion is that during the winter training period that took 8 weeks included 16 training sessions and several training matches, the proposed training plan affected positively the motor performance of the tested players. The most substantial advance was recorded in 2 km run and long distance kick tests in which 96% of players significantly improved. The Bílé Podolí players improved their run time by 27 seconds on average and the Vrdy players improved by 21 seconds on average. In the long distance kick test, the Bílé Podolí team improved by 6 metres and 60 centimetres on average, while the Vrdy team improved by 4 metres and 40 centimetres. On the contrary, the smallest change in 44% of players was recorded in long distance jump without run-up. The Bílé Podolí players improved by 5,9 centimetres on average and the Vrdy players got worse by 1 centimetre. The improvement in the rest of the tests was by over 60%. The obtained results prove that a controlled and purposeful winter training period based on initial diagnostic tests leads to significant changes in motor performance.

Keywords: football, winter training period, motor performance, motor tests