

Abstract

Title: Fitness floorball training for 1. league men

Objectives: Aim of the bachelor thesis is to compare preparation period training programs of the Czech 1. league level floorball men's team with competition results.

Methods: To collect data of volume and methods used in preparation periods to stimulate biomotor abilities questionnaire method was used in eight 1. level floorball men's league.

Results: Results indicate that best competition results were achieved in teams that focused training on speed and strength abilities in preparation periods. Performance in these abilities were maintained in competition period by incorporated training sessions focused on speed and strength, so no decline in these abilities should be observed at the end of the competition period.

Keywords: Floorball, preparatory phase, fitness training, development of performance