

## **Abstract**

**Title:** Comparison of annual training plans of floorball teams in the Czech and Slovak top league of men

**Objectives:** This diploma thesis deals with the comparison of annual training plans in the top league of men in the Czech Republic and the Slovak Republic and on this basis compares the achieved scores in the 2017/2018 season in the highest league.

**Methods:** The quantitative research was about the detection and comparison of a training capacity in the Czech and Slovak top league. To conclude the research aim a questionnaire with open-ended questions was used. The research was implemented in Czech and Slovak top league teams. The questionnaire was completed by 20 Czech and Slovak coaches.

**Results:** Based on the comparison of the annual training plans teams in the Czech top league have 40 % more training lessons than in Slovakia. Teams which weekly dedicate one hour or more to the power play skills are more successful according to statistics in the Czech top league. This hypothesis has not been confirmed in the Slovak League. Hypotheses dealing with technique training and video analysis have also not been confirmed. Teams who prefer to practice individual gaming activities did not have a better percentage of shooting success. Goalies who are engaged in individual training are more successful in statistics, while in the Slovak top league this hypothesis has not been confirmed.

**Keywords:** floorball, annual training plan, training, comparison, technique, tactics