

ABSTRACT

The target of my thesis is to find out the level of physical abilities of younger school boys who are active in floorball. I tested the level of motor abilities using the Unifittest (6-60) and the Holistic Motor Test. I did the testing in the floorball club called Start 98 Prague, where I tested 62 players. I compared the level of motor abilities with the general population. I also wanted to find out how big the differences will be with the players who are divided by performance. The research section shows that the players have achieved the best results in their strengths tests. Furthermore, it turned out that the worst achievements were obtained by the players in agility tests. Average results were obtained by the players during their speed skills tests.

KEYWORDS

younger school, age, motor abilities, floorball, testing, motor abilities tests