

Abstract

Title: Warming-up and toning in football

Objectives: The aim of this work is to compare two types of warming-up by footballers. I assume, that the players will have statistically more significant differences after the toning warming-up, than after the static variant.

Methods: The research set consists of 17 elite players in the category of U15, who passed four tests by two selected types of warming-ups during a total of three trainings in a field training experiment. In the result part we used the method of analysis to analyze the results of all tests. We used the comparison when comparing the test results after two different types of warming-ups. The measured values were processed by using basic mathematical-statistical methods.

Results: The results provide information on the efficiency and difference of toning and static warming-up based on the obtained values of the performed tests. The values of the players in the tests after the toning warming-up were better by 19.1% than after the static variant. The first hypothesis was thus confirmed. The other two were disproved.

Summary: We found that toning warming-up has a statistically more significant effect on the results of the tests of football players than the static variant.

Keywords: training, testing, analysis, comparison, field training experiment

