

ABSTRACT:

The conditioning preparation of a modern player in top football is an essential part for his excellent sporting performance. The theoretical part of the thesis is focused on conditioning preparation of the player in football, his motor skills and abilities. The thesis focuses in detail on very important skills in this sport, such as speed and speed endurance. The practical part will deal with collecting the speed data of the football player. These data will be processed in both factual and statistical terms. The aim of the research will be the evaluation of the measured data. The results will be compared between the autumn and spring parts of the league, depending on the player's performance. Player data will also be compared with another player on the same position. The conclusion of the thesis is to point out that speed is often a decisive factor in many football situations, and to confirm that while improving the speed abilities, the performance of the player will also increase parallelly.