

Abstract

Title: Assessment of fitness preparedness of floorball women

Objectives: The main aim of this work is to find out and compare selected motor skills in sixteen women player of floorball team (Czech extraleague). Another goal is to evaluate the adequacy of the selected test battery for identifying fitness readiness in floorball players using Pearson correlation coefficient.

Methods: The method of (pre)experiment in the form of an intervention program was used. The research was carried out in the form of testing according to a test battery, which included four types of tests: run 50 m, run 30 m backwards, crunches repeated, bench press max (maximum weight in the individuality of the player) and bench press repeated (50 % body weight). The measured performance values in the tests were then evaluated and compared with each other.

Results: The players of the tested group showed a significant improvement in 3 tests out of 5 overall after passing the input and output measurements. These consisted of crunches tests repeatedly (improvement by 10,82 %), bench press max (improvement by 6,1 %) and bench press repeatedly (improvement by 9,73 %). On the other hand, in the 50 m run and the 30 m run backwards test, we see little improvement. The players achieved the most significant improvement in the crunches test repeatedly, improving on average $n=10$ repetitions. In the bench press max, the players improved by an average of 3 kg and in the bench press test they repeatedly improved on average $n=4,5$ times. Using the Pearson correlation coefficient, we found that some tests consistently identified the selected motor ability. For this reason, we recommended possible modifications in the design of the test battery.

Keywords: floorball, fitness training, motor skills, testing in floorball, floorball women, experiment, (pre)experiment