

TITLE

Influence of specialized speed training on the development of speed in a U15 football player.

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ABSTRACT

This thesis focuses on the analysis of speed skills and their improvement in U15 soccer players, using a monthly specialized speed program. The first part of the thesis contains a detailed review of the necessary theoretical background. From the basics of general and soccer training to information specifically focused on the development of speed abilities in players in this age category. In the second part, independent research is conducted. The research involves speed testing and subsequent analysis of players' speed ability. Subsequently, the improvement of the players after undergoing a month-long specialized speed training is analyzed and compared to players who did not participate in this program and underwent a regular preparation period. The main outcome of this work should be to find out if the monthly specialized speed training has a greater impact on speed development than the regular preparation period.

KEY WORDS

speed, player, football, training, preparation period