

Abstract – english

Abstract

The aim of this bachelor thesis is to highlight the importance of mental concentration of floorball players during training and before a match and to highlight the importance of concentration during sports preparation. In the theoretical part of the thesis, based on the available literature sources, the thesis first discusses the topic of the sport and describes floorball in general - e.g. its history, rules, or important players. It focuses in detail on the mental concentration of players, which is related to concentration, fatigue and depression, for example, and explains what influences all of them, why they are important in sport, and which factors can affect it negatively. The practical part is based on a questionnaire survey among selected respondents. The results of the survey will be used to evaluate the influence of the players' mental concentration on their performance.

Keywords

sport, floorball, concentration, mental concentration, psyche, mental states, mental states, attention, attention disorders, fatigue, conflict, stress, motivation short and long term memory, survey, factors

