

## **Abstract**

**Title of work:** Analysis of field hockey players' load in a match

**Aim:** The aim of this thesis is to find out the load of field hockey players in a match and on the basis of laboratory tests to define threshold limits of heart frequencies together with topical condition of field hockey players.

**Method:** To describe the movements of players the method of conditioned observation with no active participation was used. For heart beat frequency data acquisition electronic measuring of Polar RS400 spotters was used. For simple results a running belt load test was chosen.

**Results:** Field hockey players move in different heart beat zones from lacrosse and rugby players. This thesis is serves as the confirmation of the average heart beat frequency given by textbooks.

**Key words:** Field hockey, running belt load test, match analysis.