

ABSTRACT

Name of the thesis: Time and content analysis of utilization of ballhockey training unit by midget category

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Goals: Analysis of training units from following points was the goal of our thesis:

- Time utilization of training unit,
- Time utilization of training unit in fragmented areas of energy indemnity,
- Playing activities of monitored players

in midget category.

Methodology: Research was accomplished by method of indirect monitoring, which was obtained from records of training units in chosen teams. Individual training unit outputs were recorded and processed from the point of quantitative analysis.

Results: In this thesis, we succeeded in analysing training units from the point of total time and content utilization in ballhockey in midget category. We have monitored and then processed 40 training units out of 6 different teams. Outputs were processed and depicted in three parts, which were divided to total results of all monitored training units, results of individual teams and results of individual players. Achieved values are pictured in synoptic tables and diagrams.

Key words: midget category, ballhockey, analysis of training units, monitoring method – time analysis, time effectiveness