

Qualitative and quantitative research of top efficiency football players' activity structures

### **The aim of work:**

To determine requirements for top efficiency defender's position and to use obtained results in training practice and in training units

### **Method:**

The research was done by method of indirect watching of my video records of 2nd league team FC Banik Most. One player was analyzed in two matches. I used quantitative and qualitative analysis.

### **Results:**

Obtained results showed modern development trends in top efficiency side defenders' playing and using them in training process.

### **Key words:**

Football, playing activity, performance, quantitative analysis, qualitative analysis

Svoluji zapůjčení své diplomové práce ke studijním účelům

Prosím aby byla vedena přesná evidence vypůjčovatelů, kteří musejí pramen převzaté literatury řádně citovat