

ABSTRACT:

Title:

Analysis of sports training in football, category U6 and U8

Objectives:

The aim of this thesis is to analyze the current state of sports training in football category U6 and U8. Partial tasks of this thesis were to map the extent and structure of education coaching team in the preparation of youth and describe the recruitment activity in the Club FK Mlada Boleslav.

Methods:

A quantitative method of research and controlled observation was used to elaborate this thesis and to obtain the needed data. Based on the training observations of the targeted age group and interviewing coaches at the Club FK Mlada Boleslav, was then performed analysis of the current state of sports training category U6 and U8. Furthermore, I also used my own experience and consultations with experts during my internship in a football club.

Results:

Goals and tasks of this thesis were fulfilled. After analyzing the current state of sports training in football category U6 and U8 at the Club FK Mlada Boleslav, we concluded that in most cases, the training unit did not have the required and needed structure or concept of the performed exercise with regards to the targeted age group. Therefore, we recommended the training set of exercise which can be included in the proposed week training micro cycle. Using the content and structure of these recommended trainings and weekly micro cycle, we instruct how one could gradually improve the situation of sports training in football category U6 and U8.

Keywords: Football, Coach, Sports training, Sports training of children