

Abstract

SOCCKER AS A MEANS OF REDUCING THE POPULATION MOVEMENT DEFICIENCY.

Objectives: The first aim of this project is to study the impact of training on active amateur “A” team players of AFK Loko Chomutov. The second aim is to verify possibilities of using soccer in order to reduce population movement deficiency.

Methods: In this project, methods of observation, measuring, comparing, and data analysis were used. Specifically, fitness prerequisites of individual players were assessed. The data analysis method was used in order to compare results of initial and final measuring within individual tests.

Within the observed summer training period which lasted four weeks and contained sixteen training units (trainings of varied focuses with time span of 60 to 100 minutes), there have been assessed changes in fitness prerequisites in “A” team players of AFK Loko Chomutov. The research has been executed on 17 performance players between 22 and 33 years of age. Tested individuals have been engaged with football actively since their childhood.

Outcomes: Thanks to application of specifically designed four-week training plan which included sixteen training units (trainings of 60 – 100 minutes) significant changes in fitness prerequisites in performance players have occurred. The training influenced speed, strength, and endurance prerequisites of players. The most significant change has been achieved in speed prerequisites where 88% of players improved. In endurance prerequisites, 76% of players improved. In case of long jumps (frog jumps) also 76% of players improved. On the other hand, in testing of strength prerequisites (multiple jumps) 53% players worsened. This is understood to be caused by the fact that this test is more difficult in terms of coordination demands. Further conclusions of the test were that football on amateur level is a suitable physical activity for reducing the population movement deficiency as within individual training units, there are exercises which result in improvement of fitness prerequisites of individuals in training.

Key words: soccer, fitness prerequisites, movement deficienc