

## **Annotation**

This bachelor's thesis attempts to establish a link between strength training in fitness and the performance of soccer players. It identifies, whether soccer players put into their training strength training in fitness. Whether this training is beneficial and affects their performance in a positive or negative way. For the purpose of examination there was a questionnaire created which was distributed among active soccer players via the Internet, using tools such as email and social networks. Based on the answers graphics processing results were created and they were evaluated.