

Abstract

Title: Comparison annual training cycle of 4 teams in a base of capacity and specifity of training load in floorball

Objectives Main objective of this graduation theses is to compare capacity and specifity of training load in annual training cycle. Tested subjects are two teams from season 2004/2005 TJ JM Chodov and HC Rychenberg, two current teams from season 2012/2013 TJ JM Chodov and Tatraň Střešovice.

Methods: I used method of analysis and method of comparison. I applied method of analysis in sorting of data and method of comparison in subsequent comparing of annual training cycle.

Results: I found out, that the annual training cycle is mainly different in specifity of training load. Training load is heading from training of universal condition to gaining universal and specified condition in scope of activity in training of game skills. Results are presented by using tablets and column graphs

Keywords: floorball, annual training cycle, training load, specifity of training load, training unit