

Abstract

Title: Comparison annual training cycle of four teams in a base of chosen indicators of training load in floorball

Objectives Main objective of this graduation theses is to compare volume and specificity 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 Tatran 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 specificity 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 volume, specificity of training load, training unit