

ABSTRACT:

Floorball has gained a lot of popularity recently, mostly owing to its simplicity and affordability. In the Czech Republic, floorball is taught at a majority of school, but its rapid development and lower public awareness might negatively influence a teaching quality of this sport. The thesis aims to analyse possibilities of floorball teaching at secondary schools and assess an attitude of pupils and teachers to it, including an analysis of pupil's knowledge of floorball rules. Considering these findings, floorball teaching model was proposed, practically tested and its benefits was evaluated. 652 pupil's and 19 teacher's questionnaires from 11 secondary school located in Prague was used. Experimental floorball teaching was realized at ZŠ Bohumila Hrabala, where was tested on 2 groups, while other 2 groups were regarded as a control sample. An efficiency of proposed floorball teaching model was evaluated based on a set of proficiency tests that were undertaken in the beginning and at the end of floorball teaching. It was found out that floorball equipment is sufficient at the 64% of examined schools, but dimensions of their gyms are inadequate. Floorball is taught during one tenth of physical education classes on average and a majority of this time is designated to playing matches, which are the most popular floorball activity among pupils. The proposed floorball teaching model encompasses 11 lessons and after its completion, pupils have improved their floorball skills of 17% more compared to control groups. The thesis may be utilized as a methodological guide for teachers at secondary schools.