

# **ABSTRACT**

## **Title:**

The assesment of intensity of physical load using heart rate in different types of preparatory games in football players.

## **Objectives:**

Determine the intensity of physical load in different types of preparatory games within the training unit with professional football players. At the same time the aim is to determine possible differences in the intensity of physical load in different types of preparatory games because of the different player's positions.

## **Methods:**

Sport tester "Polar RS800" was used to assess the intensity heart rate during the preparatory games in training unit. The research group consisted of professional football players (N = 8) who play the second highest senior competition.

## **Results:**

In terms physical load was found to be substantively significant difference between the midfielders and defenders in the time spent above the anaerobic threshold. With midfielders and players on wings were found to be minor to moderate significant differences in time spent above the anaerobic threshold during the preparatory games. It is similar with midfielders and attackers which were found too minor to moderate significant differences in time spent above the anaerobic threshold during the preparatory games.

## **Keywords:**

Football, physical load, heart rate, preparatory game, player's positions.