

## **ABSTRACT**

### **Title:**

The explosive power of football goalkeepers

### **Objectives:**

The main object of the work is to find out what is the development of the explosive power of football goalkeepers at the level of the Czech Football League (3rd League), Division (4th League) and the Regional Championship (6th League) of men in the monthly period in winter preparation.

### **Methods:**

Quantitative research was carried out in the form of motor testing of six football goalkeepers from selected football competitions during the winter preparation period. Three specific tests were selected to determine the development of the lower limb explosive power. To determine the evolution of the explosive power were used a long jump, the vertical jump range – carried out by the arm swing and the Counter Movement Jump (CMJ), which was evaluated using the Myotest PRO device.

### **Results:**

The change in explosive power during the follow-up period has occurred with all six goalkeepers in all three motor tests. The biggest change occurred in long jump. The Vertical jumps where we rank the vertical jump range – carried out by the arm swing and the Counter Movement Jump, the improvement has also come, not as striking as it is when compared to the long jump. The observed period (1 month) is sufficient to make the changes.

### **Keywords:**

Explosive power, conditioning preparation, football, goalkeeper, movement abilities, Myotest