

Abstract

Title: Influence of different types of warm-ups on the performance of speed in soccer players.

Objectives: One of the goals for our thesis is to find out the influence of the different types of warm-ups on the performance of speed for football players in the youth category (Under 16). Another goal is to find out whether if there is a dependence between the speed reached and the range of motion of the lower limbs.

Methods: To assess the power of each player, two runners traveled at a distance of 30 meters, measuring 5, 10 and 15 meters in this section. Before the measurement itself, all participants were trained by our chosen form of stretching.

For secondary research, which examines the possible relationship between the speed achieved and the range of motion of the lower limbs, were used two standardized tests.

Results: We found out that the fastest times at 30 meters distance were reached after a general warm-up. Overall, we have shown in our research that general form of warm-up is most effective, because after its application, players achieved the fastest time on most of the 10, 15 and 30 meters distances we measured. We also found that the players who had the smallest angles range of motion between the legs had the fastest running times.

Keywords: Muscle tissue, pubescence, stretching, static stretching, dynamic stretching, flexibility.