

ABSTRACT

Title of the bachelor's thesis: Evaluation of speed limits on non elite soccer players

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Objectives of the thesis: The aim of this thesis is to monitor and subsequently interpret the results of tests focused on speed abilities in a selected group of non elite football players.

Methodology: Testing of speed parameters was conducted on semi-professional football players who play in the ČFL, which is the 3rd Czech league. The evaluation itself was based on the results of six simple tests. These tests included three tests for linear speed: a 5-meter sprint, a 10-meter sprint, and a 20-meter sprint. There were two agility tests: the K-test and the 505 test. And the final test focused on lower limb explosive power: the vertical jump. The results section is then divided into two chapters. The first chapter compares the results of the pre-test and post-test. The second chapter focuses on evaluating speed abilities from the perspective of player positions.

Results of the thesis: When comparing the results between the pre-test and post-test, there were no significantly large differences that would allow us to say that there was a development of speed abilities as a result of the testing. From the second part of the results, it was found that the fastest players in terms of linear speed among the semi-professional players are found in the player position of fullbacks. On the other hand, midfielders achieved the best results in agility tests in terms of player position.

Keywords: football, testing, semi-professional players, speed

