

**Abstract:**

**Title:** Analysis of the structure and content of the weekly training microcycle in U13 and U15 football players

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**Objective:** The aim of the bachelor thesis is to compare the content, structure and time efficiency of the training process within a weekly microcycle between the football categories of younger pupils (category U13) and older pupils (category U15). At the same time, the aim is to compare the content and structure of the training process of the mentioned categories with the recommendations of the Football Association of the Czech Republic.

**Methods:** The research population consisted of two student categories of players (U13 and U15). Non-participant observation and the creation of a video recording of a three-week training mesocycle were used for data collection. The significance of the differences with respect to the stated hypotheses was tested by assessing the substantive significance of Hedges'  $g$  coefficient and also by using percentages.

**Results:** This study found a significant difference in the use of preparatory games between the U13 (25.9 %) and U15 (68.4 %) categories. As expected, a significant difference was also analyzed for the use of weight training. The U13 category did not use weight training at all and opted more for the elliptical method. In contrast, the U15 used weight training in 24.6% of the time allocated for compensation. For category U13, the use of social-interaction forms was always moderately significant between categories. For the U13 category, the individual form occurred in 3%, group form in 49% and mass form in 48% and for the U15 category, the individual form occurred in 0.7%, group form in 37.6% and mass form in 61.7% percent. There was also

a significant difference in the use of stretching exercises: in U13 29.9% of the total compensation time and in U15 12.5%. As expected, there was a minor difference in the effectiveness of the training process. Both U13 (17.4%) and U15 (18.7%) categories had below 20% of inactive time. The comparison of the result was made between the two categories and the recommendation for the training process from the FAČR. Here, the variables had to be readjusted just based on the recommendation. The use of preparatory games and game exercises for U13 (13%) was unexpectedly significantly lower than the FAČR recommendation (55%). On the other hand, U15 had a training process in three of the four variables not significantly different from the FAČR recommendation, which is however made only for the younger pupils' categories (for PH and HC 55%, U15 49%; for strength-speed-agility exercises and preparatory games 15%, U15 14%; for exercises for individual ball activity 25%, U15 15%). There is a significantly large difference in the use of compensations and stretching for both categories. The FAČR recommends 5%, but they occurred in 23% of the U13 and 22% of the U15.

**Conclusion:** Based on the results, it is recommended to increase the use of movement games in both categories and more frequent use of preparatory games and game exercises in U13. In the U15 category, group and individual form should be more represented at the expense of group form. The work could also serve as a methodological basis for the FAČR to develop recommended content of the training process for older pupils.

**Keywords:** football, content of training process, older school age, U13, U15