

Abstract

Title: Analysis of Qualitative and Quantitative Characteristics of Pre-match Warm-up in Elite Football Teams.

Objectives: The aim of this diploma thesis was to analyze pre-match warm-ups in elite football teams from both qualitative and quantitative perspectives.

Methods: The research sample consisted of top European football teams, namely Real Madrid, Bayern Munich, Inter Milan, and Manchester City. Data was collected and retrospectively evaluated through video analysis. A total of four pre-match warm-ups were recorded during UEFA Champions League matches. The individual recordings were processed and categorized based on predetermined evaluation criteria. The selected categories were activation exercises, preparatory exercises, game-related exercises, small-sided games, and speed exercises. Evaluation criteria were established for each category, including total exercise time, number of exercises, and average number of repetitions per player. The criteria were compared among the different football teams.

Results: The obtained results revealed both common qualitative and quantitative characteristics. Activation exercises emerged as the most numerous and complex category. Based on the recorded durations of the warm-ups, it was evident that the most time was devoted to this category compared to others. We believe that activation exercises, which encompass essential components of pre-match warm-ups such as stretching and mobility, should constitute a substantial part of match preparation. However, based on the analyzed time data, it cannot be concluded that the warm-up preceding the match receives the longest duration compared to the overall time spent on other categories.

Keywords: stretching, mobility, football, preparation, game-related exercises, European clubs