

## **Abstract**

**Title:** Offseason training in american football

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**Objectives:** The aim of this bachelor's thesis is to compile knowledge and information from professional and scientific articles and publications on off-season training in American football through a literature review, and to create an overview study based on the gathered data.

**Methods:** To collect data and information for the creation of this bachelor's thesis, which addresses the issue of off-season training in American football, a literature review was conducted. This thesis primarily comprising foreign professional and scientific articles, studies, and theses.

**Results:** From the bachelor's thesis, which primarily contains foreign sources as the sport is most popular in the United States, it is evident that there is no unified and comprehensive system for off-season training, whether at high schools, colleges, universities or professional leagues. The thesis includes the most sources related to players, conditioning demands, off-season training, and conditioning skills specific to college-level of american football. The main goal was to compare various periodization models of off-season programs and describe verified sequences of conditioning skills development in the program. The result primarily highlights the importance of off-season training and its effect on specific tested parameters related to the sport.

**Keywords:** American football, conditioning training, strength training, off-season program, conditioning demands, conditioning abilities, off-season training content, literature review