

# ABSTRACT

**Title:** Analysis of the Training Process Content of an Elite Czech U19 Football Team

**Objectives:** The aim of this study is to analyze the training process of a selected youth academy team. A secondary objective is to compare these results with existing studies.

**Methods:** The research employed a quantitative method, analyzing a training diary maintained in the XPS program. The sample consisted of 21 players from a U19 team in the highest youth league in the Czech Republic during the autumn season of 2023/2024. The variables observed included basic information, types of training processes, methodological-organizational forms, and socio-interactional forms. Data were recorded and analyzed using Microsoft Excel, where the arithmetic mean and standard deviation were calculated, and a power analysis was conducted using G\*Power software.

**Results:** Based on our hypotheses, we confirmed the frequent occurrence of directional exercises (24 min/training) compared to non-directional exercises (4 min/training). The inclusion of large games in the training process (14 min/training) was also effective compared to medium-sized (6 min/training) and small games (5 min/training). This indicates that in the youth category, coaches strive to closely replicate match conditions, thereby moving away from smaller format games. Among the methodological-organizational forms, three forms predominated, with one being particularly surprising: preparatory exercise type 2 (24 min/training). This was followed by a correctly higher representation of game exercise type 2 (8 min/training) and preparatory games (19 min/training). It was also found that the team did not train in a collective form for most of the time (42 min/training) but worked almost equally in a group form (40 min/training). For the selected team, the time spent in conditioning training was similar in both periods, with 29 min/training in the preparatory period and 30 min/training in the main period.

**Conclusion:** The study reveals that insufficient time is devoted to exercises with opponents and preparatory games under pressure in match conditions. Based on the

collected data, we recommend selecting exercises that most closely resemble situations occurring in matches. Additionally, due to the minimal occurrence of non-directional exercises, their inclusion is recommended, again under match conditions.

**Keywords:** Analysis, football, training process, sports training, training process content, youth category

