

## **ABSTRACT**

The main aim of the bachelor thesis is to compare the preparation period of the women's teams AC Sparta Praha B and FK Teplice in terms of its effectiveness on the development of fitness components of the players' performance. The sub-objectives are to determine the fitness level of female soccer players of both teams and to compare the fitness level of specific player positions between the teams. The thesis deals with the issue of fitness training in football and its specifics and on the basis of this knowledge evaluates the training macrocycles. The research population consisted of 30 female players in total (15 players research group, 15 players control group). For the analysis of the training plans we used the tick method. Measurement of the fitness level of the female players was performed by field testing using the Yoyo Intermittent Recovery Test 1. The results showed a more significant improvement in the first group (AC Sparta Praha), which underwent a more comprehensive training macrocycle in terms of fitness development compared to the second group (FK Teplice). The players in the wing midfielder positions demonstrated the highest fitness level in both the entry and exit measurements for the teams of Sparta and Teplice. Additionally, the first group showed good values in the exit testing according to the Yoyo IRT 1 standard.