

## **Abstract**

**Title:** The load intensity of floorball players.

**Objectives:** The aim of the work is to compare the load intensity of floorball players in training unit and in competitive match.

**Methods:** To measure the intensity of loading was selected set of floorball players from extraleague team. Then was performed their measuring heart rate by sport testers in the training unit and in the competitive match.

**Results:** The results of measurement showed a higher average and maximum heart rate of players during a competitive match.

**Keywords:** Sports training, sports performance, condition ability, load intensity, heart rate