

Abstract

Titel: The efficiency of development strength in the preparatory period of the younger junior girls team of handball

Goals: The aim is to find out, how the junior girls team of the premier league of TJ Havlík v Brod is changing power capabilities during physical training in pre-and in racing period.

Method: The first point of my work was thorough analysis of scientific literature in the field of fitness training, handball and testing. In my work I used a test method. For the evaluation of obtained data and to compare the results, I used the statistical significance of the difference and substantive significance.

Results: The results showed differences in strength during the preparatory season between premier league team and SCM team. It also shows the differences in strength of the preparation period and after the racing period.

Key words: handball, strength, preparatory period