

## **Bibliographic identification**

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## **Abstract**

**Title:** Explosive power in fitness of soccer players in teenagers

**Objectives:** The main of the thesis is to determine the influence of the interventional fitness program on the development of explosive strength of the lower extremities by means of plyometric exercises in the youth category in football and its subsequent comparison in three measurements between the experimental and control group.

**Methods:** Testing was performed using four motor tests and an intervention program with two-group plyometric exercises. 16 footballers aged  $17.6 \pm 0.9$  took part in 3 measurements with an interval of 4 weeks. The data were processed using basic statistical methods.

**Results:** The interventional fitness program had a positive effect on increasing the level of explosive strength in the experimental group. Due to the introductory part of TJ and 3 measurements, the control group also improved significantly.

**Keywords:** youth category, strength abilities, lower limbs, intervention program, comparison