

Abstract

Title of bachelor's thesis: Use of regeneration in young soccer players and subjective perception of the regeneration effect

Goals: The main objective of the bachelor's thesis is to use a survey to find out what role regeneration plays in young football players and how they subjectively perceive the effect of regeneration. The secondary goal of the bachelor's thesis is to create a recommendation for the effective use of regeneration in the training process of young football players based on materials from professional literature and studies, supplemented by my experience in regeneration in football.

Method: This is a theoretical-empirical work using quantitative research, where the data was obtained through a survey. A total of 45 respondents from youth football clubs AC Sparta Prague, FK Motorlet Prague and FK Jinočany took part in the survey. The participants received the survey in printed form. The survey contained a total of 21 questions. Only answers to questions and age were given. These were closed and open questions that served me to answer the main goal of my bachelor's thesis. Data collection took place in May 2024.

Results: It is evident from the results that most of the interviewed players attach due importance to regeneration. According to the results of the survey, the most players, across football clubs, use stretching, supplementation, pool and dream swimming, compensatory exercise and sauna for their regeneration in football. The results also show that young footballers perceive the effect of regeneration positively from a subjective point of view, and last but not least, there are noticeable differences in the players' approach to regeneration between individual youth clubs. However, all 3 youth football clubs play a competition with different performance. Finally, I prepared a draft of the recommended regeneration plan.

Keywords: recovery; training; youth; football