

## Thesis draft

- Title:** Off-season period in team sports: effective training strategy to maintain athletes' performance
- Type of the study:** longitudinal study; 8-16 weeks experimental programme; randomized controlled study
- Participants:** team sports athletes (football, basketball, handball, etc); 20-40 participants, male or female (better female)
- Measurements:** body composition, fitness, aerobic and anaerobic capacity, etc (to be negotiated with candidate(s))
- Instruments:** Tanita BC540; Opto jump, Polar or GPS tracker, Cosmed or similar, Monark ergometer, etc.
- Procedure:** At the end of the season athletes will be tested to identify their fitness level. Afterward we will create training programme with reduced training volume in terms of number of training session per week as well as session duration to find the best solution how to minimize fitness decrease during off-season period. If we have youth category we will try to create training programme easy to use at home or perform by players own because most of them are not supervised by professional coaches during off season period.