

Abstract

Title: The influence of level of isokinetic force on CODS performance of football players.

Objectives: The main goal is comparison of influence between isokinetic power of lower limbs and performance in CODS tests.

Method: Measured group consisted of players between 15 – 19 years old from teams Motorlet Praha and Bohemians Praha. Measurement took 3 months. Players of one age category passed the tests battery in one day, that consist of agility (Arrowhead L and R, Illinois, K-test, Hexagon test, 505 L and R), Cybex was used to find informations about isokinetic force.

Results: The biggest correlation was between isokinetic (IK) force and performance in CODS tests was measured between IK tests and CODS test Illinois -0,443. Other tests had from very weak to average correlation. The worst correlation was found between IK tests and Hexagon test -0,007, which showed insignificant correlation between these tests. Concentric muscle contraction achieved higher correlation than eccentric muscle contraction and with changing degree speed was correlation in concentric muscle contraction lower, while eccentric muscle contraction correlation was slightly higher in faster degree speed.

Keywords: Isokinetic force, agility, CODS, football, training