ABSTRACT

Title:

Relationship between game skills, physical fitness and self-efficacy in footbal players in relation to age.

Objectives:

Discover the interrelationship of self-efficacy, physical abilities and specific game skills in football players (13 – 19 years). At the same time, the objective is to verify the effect of age on the level of physical abilities, specific game skills and self-efficacy.

Methods:

The Czech version of the General Self-Efficacy (GSE) standard questionnaire was used to determine the level of self-efficacy. To determine the level of physical abilities and specific game skills, were used to diagnose and compare the level of football players in centers for the education of talented youth. A set of photocells (Alge Timing GmbH, Lustenau, Austria) was used to measure the 20 m sprint time, agility and ball slalom. The basic statistical characteristics (arithmetic mean, standard deviation) will be used to interpret the results. Standardization / normalization of values has been used with the help of Z-points for transferring results so that we can express the level of specific game skills with a single score. The Pearson correlation coefficient was used to evaluate the relationship between self-efficacy and football gaming skills.

To evaluate the significance of the differences between the three groups of players (by age), the nonparametric ANOVY method (KruskalWallis test) was used.

Results:

Significant interrelations between self-efficacy and motor skills, and between self-efficacy and game skills, were not found in any age category or in all categories (U19, U17, U14) together. Moreover, the strength of these wounds was in most cases "weak" ($r \leq 0.39$). A statistically significant difference ($p < 0.05$) was found only between U19 and U17 and U19 and U14 in the hypothesis that assessed age effect on 20m + agility test results. A significant effect of age was not observed in motor skills (juggling + shooting + slalom). With respect to the individual tests, significant differences between the groups (U19 vs. U17, U19 vs. U14, U17 vs. U14) were observed only for 20 m sprint. Although the level of self-efficacy increased between age brackets, this difference was not significant.

Keywords: