

Abstract

Title: The level and differences in selected movement abilities and skills in youth soccer players.

Objectives: The aim of the thesis is to compare the results of the Skills Tests before and after a short-term test and to determine the influence of exhaustion on the speed and quality of specific football skills of the elite footballers from U15 football team of SK Slavia Praha team.

Methods: The research set, consisting of 15 research participants, took two measurements. The Loughborough Soccer Passing Test (LSPT) was taken like a pre-test and post-test (after short-term BUMAZA test). In the result part we applied the analytical method for the results which we obtained from the measured tests. The comparison method was used for comparison of the values of the LSPT test results before and after the stress. Finally, the basic statistical methods helped us to process the measured values.

Results: The thesis results provide information about the level of physical abilities and movement skills of the players based on the obtained values of the taken tests. We found out that most players improved their straight time values in the LSPT test measured after the stress. Conversely, the penalty time was increased up to 33,32% which affected the total time. On the contrary, the value of penalization and total time has increased. Most of the research participants have reached the best time in the BUMAZA test in one of the first two periods.

Summary: We found, that fatigue had a significantly influence on the quality of specific soccer skills.

Keywords: football, testing, movement skills, physical abilities, stress, exhaustion