

Abstract

Title: Evaluation of the performance in tests of physical fitness and fundamental motor skills in young football players

Author: Marek Šula

Thesis supervisor: Mgr. Jakub Kokštejn, Ph.D.

Objectives: To determine the current performance in tests of physical fitness and fundamental motor skills at young football players. At the same time, it is the aim to evaluate the relationship between physical fitness and basic motor skills.

Methods: This research was used the method of observation – measurement. Research file was made up of players ages U8 and U9 from ABC Football Club Branik Prague (n = 31; age $\bar{x} = 7.6$; $\sigma = 0.8$). The level of fundamental movement skills has been identified using the test TGMD-2 (Test of Gross Motor Development) and the level of physical fitness was determined by using the Unifittest test battery (6-60)

Results: In the test of physical fitness, we found that 36% of players were average, above this level were 61% (32% above-average and 29% significantly above-average) and below average were only 3% of tested players. In the test of gross motor skills, it was found that 74% of players were average, 7% above-average and below-average were 19%. Furthermore, it was found that the results among themselves do not have any significant relationship, since the value of the correlation coefficient is 0,14.

Key words: physical fitness, motor skills, younger school age, TGMD-2, Unifittest (6-60)