

## **Abstract**

**Title:** Assessment physical fitness and game skills in soccer players

**Objectives:** To find out the relationships and differences between actual levels of body composition, physical fitness and specific football skills of football players at ABC Braník aged 7 and 8 years.

**Methods:** The main research method chosen was observation - measurement and testing. The research group included a total of 31 football players - 15 players from the ABC Braník U8 team (average age  $8.3 \pm 0.3$  years) and 16 players from ABC Braník U7 team (mean age  $6.9 \pm 0.4$  years). tested with the Unifittest 6-60 standardized test battery, specific football skills have been tested according to the ProFutbalAnalytics.com manual.

**Results:** In physical fitness, older players (U8) achieved above average scores and younger players (U7) achieved average scores. A total of 9 out of 15 of the U8 team, ie 60 % of individuals, recorded at least above average results in fitness tests. In the U7 team, only 7 out of 16, ie 44 % of individuals, are above average in their performance according to standards. The degree of association between game skills and physical fitness was low. Upon closer examination, we found a moderate correlation between the fitness prowess indicator and the juggling and ball management indicators ( $r = 0.52 - 0.58$ ). Significant differences in favor of an older group of players were found in all individual fitness tests and game skills.

**Keywords:** Younger school age, physical fitness, body composition, physical skills, football.