

Abstract

Title: Evaluation of fundamental motor skills, specific game skills and motor abilities in young football players

Objectives: The aim of this thesis is to describe the development of specific game skills, fundamental motor skills and agility in young football players (12-14 years) between two measurements in the course of less than two years. The next aim is to verify the correlation between fundamental motor skills and specific game skills.

Methods: The main research method of this thesis was the observation method. For the practical part of the thesis the longitudinal quantitative research with empirical elements was used. The followed group was consisted of young football players in U14 age category from FC Tempo Praha (n=12). The group was repeatedly measured during the next twenty months. The level of fundamental motor skills was examined by TGMD-2 (Test of Gross Motor Development) and the level of specific football skills was examined by the test of leading the ball. The level of agility was examined by the test of agility.

Results: In the first measurement of TGMD-2 83,3 % of probands achieved average or below average level. In the next measurement of TGMD-2 91,3 % of probands achieved average or below average level. There was also determined a statistically significant improvement in the agility test between both of the measurements. Statistically significant relation was found in the first measurement between the level of fundamental motor skills and specific game skill - leading the ball ($p < 0,05$; $r = -0,48$). This relation was confirmed in the second measurement ($p < 0,01$; $r = -0,65$).

Key words: football, fundamental motor skills, game skills, agility, longitudinal study