

Abstract

Name:

The effect of age at the level of technical skills and speed of goalkeepers in football.

Objectives:

The aim of the diploma thesis was to determine possible differences in the level of technical skills and movement speed of football goalkeepers across age categories (11 - 19 years). At the same time, the aim was to find out any differences between goalkeepers from the professional and amateur club.

Methods:

The level of technical skills was determined using two specific goalie tests, the Sprint Keeper Test (S-Keeper test) and the Laterl Shuffle-Keeper Test (LS-Keeper test). Movement speed was determined using sprints 5 and 10m.

Results:

A significant effect of age on performance in the S-Keeper and LS-Keeper test was found between the individual age categories ($p < 0.01$; $p < 0.05$, respectively). Significant differences were found between pupil and adolescent categories, except for the difference between older pupils and younger adolescents in the LS-Keeper test (non-dominant foot). Furthermore, no differences were found between younger and older pupils and also between younger and older adolescents (in the S-Keeper test and LS-Keeper test). In the tests of movement speed 5m and 10m, significant differences were found between all age categories. In the S-Keeper test, LS-Keeper test and sprint at 5m and 10m, older players always performed better. On the contrary, no significant differences were found between goalkeepers of the same age from professional vs. amateur club. The test results can be especially beneficial for goalie coaches in evaluating the qualities of the technique of specific game skills of falling on the ball, possible side asymmetries and speed assumptions.

KeyWords:

Football goalkeeper, technical skills, testing, diving save, age