

Abstract

Title: Comparison of small, medium and large games for elite youth football players in terms of load.

Aims: The aim of this work was to compare small, medium and large games for elite youth football players U17 in terms of load, where we used various forms of interval games from small through medium to large games.

Methods: The research group consisted of 18 U17 players. Data was recorded using GPSspots instruments and a Polar T34 chest strap. The games were divided into small forms, medium forms and large forms. Each of the given forms of games differed in the number of players from 1 in 1 to 10 in 10, the load interval, the number of repetitions, the length of rest time and the size of the field. During testing we measured speed (km / h), distance traveled (m / min), heart rate (beats / min), number of all sprints, number of repeated sprints.

Results: The results of this thesis indicate that the maximum speed of players increases with the increase in size of game format. Players reach the highest maximum speeds in LSG games. The heart rate was around 167 beats in the compared interval games, and in MSG games the heart rate was two beats lower. Furthermore, the results also show that small forms of games involve more repeated sprints compared to medium and large games. In terms of distance traveled per minute, LSG games are the most suitable, while MSG games show the smallest distance traveled.

Conclusion: When comparing interval games, it is not possible to clearly determine the appropriate game type in terms of heart rate or distance traveled. If the goal of the training unit is to develop speed skills, it is advisable to choose LSG games in case of maximum speed and on the other hand SSG games if the coach wants the players to sprint repeatedly.

Keywords: football, small/medium/large sided games, load, GPS system