Abstract

Title: Assessment of the level of condition, basic motor coordination, and football skills between two age categories of young football players.

Objectives: Find out possible differences in the level of condition, basic motor coordination, and specific football skills between two age categories of young players (U14 and U15). At the same time, the aim is to determine the effect of different rates of biological growth on fitness performance, basic motor coordination, and football skills. The last goal is to find out the level of association between the indicator of the condition, basic motor coordination and football skills.

Methods: The main scientific method of theoretical – empiric character was observation and testing. Research field consisted of the players of category U14 (n=24; Age = 13,79±0,49; Height = 166,1±8,42; Weight = 46,7±8,65) and U15 (n=25; Age = 14,8±0,33; Height = 173,17±7,39; Weight = 61,82±8,52) from the football club FK Motorlet Praha. The level of fitness was measured in tests of a sprint at 10 and 30 meters, 505 agility test, Illinois agility test, long jump, Yo-Yo Intermittent Recovery Test Level 1. The level of basic motor coordination was determined with the Körperkoordinationtest für Kinder test battery (KTK test) containing

4 subtests: balancing backwards, jumping sideways, moving sideways, hopping for height. Specific football skills were examined by the Loughborough Soccer Passing Test and dribbling with the ball.

Results: It was found out that U15 players achieved significantly better results in all fitness tests compared to U14. By determining of the correlation coefficient ($r = -0,61$ $p < 0,01$) between KTK test and dribbling with the ball and ($r = -0,46$, $p < 0,01$) between KTK test and LSPT, was proved very strong, respectively mediate strong relation between motor coordination and specific football skills. A statistically significant relationship was also found between basic motor coordination and fitness skills. High readouts of correlation coefficients indicate this fact in the range $r = (-0,62) – (-0,75)$ between KTK and Agility tests and

between KTK and YYIRI. Correlations among the remaining tests were medium-strong. Comparing groups of biologically accelerated and retarded players, it was found that biologically accelerated players achieved significantly better performance (g = 0.78; g = 0.73) in the 10 and 30m sprint speed tests. Biologically retarded players achieved, on the contrary, significantly better results (g = -0,91) in LSPT. They also reached a better score in a total score of the KTK test, but with no significant difference.

Keywords: football, fitness skills, basic motor coordination, specific football skills, biological growth rate