

Abstract:

Title: Evaluation of physical fitness, body composition, basic as well as specific game skills of young football players.

Objectives: The main aim is to discover the mutual relations between motor performance, basic movement skills and game skills in young football players. At the same time, the aim is to determine the differences in the above-mentioned parameters between junior players and senior players.

Methods: The main research method used was observation - measurement and testing. The research group included 38 football players of the FC Hvězda Cheb (18 junior and 20 senior football players). Physical fitness was tested using a standardized Unifittest 6-60 test, gaming skills were tested according to the handbook on the ProFutbalAnalytics.cz website and basic skills were tested using the TGMD-2 test.

Results: Significant differences in favor of the senior players were found in all individual tests of physical fitness and game skills. A significant correlation ($p < 0.01$; $r = 0.558$) between basic movement skills and game skills in the tested players was confirmed. A medium correlation was discovered between physical fitness and gaming skills in the tested players ($p < 0.05$; $r = 0.479$).

Keywords: football, physical fitness, body composition, UNIFITTEST, TGMD-2, basic and specific game skills