

Summary

Title:

The condition ability in football. Comparasion of top and high performance level of the 16- to 18- year-old football players.

Objective:

The objective of my work was to assembly of data about the condition ability of football players. And subsequently testing and comparasion of the condition ability of the 16- to 18- year-old football players in the different achievement categories.

Methods:

The research was made through the testing according to the test battery including 4 exercises focused on the fitness ability. It included 4 field exercises –Cooper test, long jump with the closed legs from place, 4 x 10 metres repetitive run and repetitive 6 metres jump. It also comprised laboratory tests – aerobics test in vita maxima on a treadmill ergometer and anaerobic intermittent test on a bicycle ergometer.

Results:

The results should show the differences of the fitness abilities of football players of variol achievement abilities.

Key words:

Football, teen-agers, condition, practise, intermittent load.