

Abstract

Title: Assessment of the relationship between level of neuromotor, body somatotype, physical fitness level and game skills at football players in U12 category.

Objectives: The aim is to determinate the relationships between levels of neuromotoric, body somatotype, overall physical fitness level and the individual playing skills at football players in the U12 age category.

Methods: The main research method of our work was the observation method. The research were included soccer player (n = 40; 11,5 ± 0,3 let). Neuromotor age, we investigated using Bruininks Oseretsky Test of Motor Proficiency (BOT - 2). Physical fitness was assessed using a test battery UNIFITTEST 6-60. To determine the somatotype we used the methodology of Heath - Carter 1967. For data analysis we used basic descriptive statistics, correlation, linear and multiple regression.

Results: A significant correlation ($r = -0.60$; $p < 0.001$) was found between the level of fundamental motor skills (level of neuromotoric) and the specific game skills (slalom with the ball). Significant correlations were also found between the level of fundamental motor skills (level of neuromotoric) and physical fitness ($r = 0.64$; $p < 0.001$) and between levels of physical fitness and the specific game skills (slalom with the ball; $r = 0.55$; $p < 0.01$). These results suggest the importance of the level of fundamental motor skills and physical fitness in relations to specific game skills of given sport.

Keywords: football, fundamental motor skills, game skills, neuromotor, somatotype, physical fitness