

Abstract:

Title: The degree of influence of fitness skills on the game performance of football players aged 15-16.

Objectives: Determine the degree of influence of fitness indicators on the game performance of football players (categories U17 and U16). It has been evaluated based on a questionnaire for the coaches. At the same time, the aim is to find out possible differences in fitness indicators between the categories of players U17 and U16 and possible relationships between individual fitness indicators.

Methods: The research group included elite players in the U16 (15.27 ± 0.27) and U17 (16 ± 0.38) categories from the FK Dukla Praha club ($n = 40$). A questionnaire survey and performance measurement using a test battery were chosen as the research methods. The set of tests for evaluating fitness performance included a sprint for 5 m, 10 m and 20 m, agility test 505L and 505P, K-test and test for measuring the strength of the ending with the dominant and non-dominant foot. The questionnaire survey for the head coaches of the categories included 17 closed questions, which were answered using a 7- point rating scale.

Results: For performances in fitness tests, there was always a materially significant difference in at least one category between the best and worst rated members in the sprint at 5 meters ($g = 1.08$), 10 meters ($g = 1.28$), K-test ($g = 1.13$) and ending forces of the non-dominant foot ($g = 1.2$). Nevertheless, no fitness parameter has shown a significant trend distinguishing players according to game performance determined on the coach's questioning. Older U17 players were significantly better in the 20 m sprint. Likewise, older U17 players have got better results in the 505 test, agility test and finishing strength, although performance is not important. Significant mean strong correlations were recorded between the sprint performance of 20 m and the K test, as well as between the sprint performance of 20 m and the ending force in both legs.

Keywords: football, game performance, testing, agility, individual game activities