

Abstract

Title: The relationship of explosive strength and CODS performance

Objectives: The main aim of this work is to find out the degree of relatedness indicators between explosively force abilities and performance in individual Agility tests for U16 and U17 footballers

Methods: Testing and measurement was performed on a sample of 32 players aged 15-16 from the Bohemians Prague football team. To determine the player's explosive-force abilities, the Kistler board was used in the BEZ laboratory. Agility testing was based on test batteries for this ability (Arrowhead L and P, Illinois, 505 L and R, K-test and Hexagon). The data measurements was processed by using IBM SPSS statistics 22.

Results: I have found that the impact of explosive strength abilities was most evident in Arrowhead and Illinois CODS tests at $R = 0,4 - 0,7$ and $p < 0,05$. On the contrary, Hexagon test proved to be independent of explosive-strength abilities.

In addition, it was found a small correlation value between 505 test and other CODS tests.

Keywords: fitness ability, Agility, CODS, speed, strength, football