

## **Abstract**

**Title:** The level and comparison of speed in female soccer players

**Objectives:** The main objective of this study is to determine the level of speed and speed-agility abilities of elite female players of the junior category. And to compare the results within the WU18 category, i.e. between the birth years 2006, 2007 and 2008.

The secondary aim is to compare the results between the tested clubs AC Sparta Praha and FK Viktoria Plzeň.

**Methods:** Field testing was used to provide results, which consisted of speed and speed-agility tests standardized in soccer. The test battery included a 10 m sprint with a 5 m intermediate time, a 20 m fly test, a K test and a 505 agility test. The test population was female players under 18 years of age playing for elite academies in the Czech Republic – AC Sparta Praha and FK Viktoria Plzeň.

**Results:** The results of the tests, when comparing the players by year, did not show significantly better results for the oldest players, i.e. players of the year 2006. In most of the tests the players of the year 2007 achieved the fastest values. When comparing the individual tests by year of birth, the 2006 players performed significantly worse than the 2007 players and in a few tests also than the 2008 players. When comparing the teams in terms of league table position, we did not find significantly better results for the team that was higher in the league table.

**Conclusion:** The aim of this study was to determine the level of speed skills in two junior girls' teams of category WU18 playing in the first league and their subsequent comparison. We wanted to determine possible speed differences when comparing clubs, birth years and tests with each other.

**Keywords:** soccer, female soccer, linear speed, acceleration, comparison, change of direction, agility, maximal speed