

ABSTRACT

This study focuses on the importance of speed skill development in youth soccer. In today's conception of soccer, the performance level is considerably high. Modern football requires 100% commitment, concentration and readiness. All these conditions have a solid foundation in the structure of sports training. Players' performance and their individual skills must match the high tempo of the game. One of the most important skills is the speed ability, which gives players a considerable advantage when dealing with game situations. For speed skills, it must be taken into account that it is more of a genetic predisposition. Anyway, in this research we will look at how much speed ability can be influenced, when its stimulation is needed and what methods are appropriate to use for its development. The main aim of this study is to see if the level of speed ability in adolescents can be improved by using specific speed exercises included in a training program for 2 months. In this paper, the stacks of exercises that were used in the training unit are presented. It also contains the results of the speed exercises by which improvement was recognized. The results were compared between adolescents as well as with the evaluation criteria. The ambition of this work is to provide useful information to coaches, players and sports training professionals so that they can optimize their training methods and achieve better results.

KEYWORDS

Football, speed skills, development methods, sports training