

Summary

Title:

Common Features of Athletic and Football Fitness Training.

Objective:

The objective was to find out, through a 15-item survey, whether amateur football league coaches apply principles of fitness training enhancing motor skills and use athletic conditioning in their training sessions.

Methods:

The research was conducted through survey consisting of 15 questions.

Results:

The results describe a fitness training enhancing motor skills in amateur football and athletic exercises used at this level.

Key words:

Athletics, football, fitness training, motor skills, amateur level, training.