

Summary

Title:

Testing and confrontal of the condition ability of the 16- to 18- year-old football players.

Objective:

The objective of my work was to test and subsequently to compare the condition ability of the 16- to 18- year-old football players in the different achievement categories.

Methods:

The research was made through the testing according to the test battery including 4 exercises focusing on the condition ability – Cooper test, long jump with the legs together from place, 4x 10 metres repetitive run and repetitive 6 metres jump.

Results:

The results should show the differences of the condition abilities of the football players from the different achievement abilities.

Key words:

Football, teen-agers, condition, practise