

Title

Effect of loading on specific soccer skills

Aim of Assessment

Monitor of intraindividual changes in players technique during long-term applied load in form of modified soccer match.

Method

Twenty junior league soccer players, aged 17-18, were monitored. Players technique skills were tested three times. Before the match, during first half of the match and during second half of the match. Three technique skills were tested. We analyze recorded video and heart rate dates.

Results

The results provides informations about total pressure duration and its effect on specific tested skills. In terms of classification technique skills was found out, that the playres formed homogenous group. In terms of intraindividual classification wasn't find out evidently changes in deterioration, player's technique skills impression of gradient match load pressure.

Key Words

Football, load pressure, technique soccer skills, testing