

Abstract

Title: The impact of fatigue on the kick accuracy of young soccer players

Objectives: Identify the relationship of fatigue and the kick accuracy of young soccer players.

Methods: The study group consists of 20 players in the age between 17 and 22, who are actually operating on league level in the reserve of elite soccer club. Before loading, the players had 3 attempts of shooting into the middle of the goal by dominant and non-dominant leg. After loading, they had 3 attempts of shooting into the middle of the goal too, but only by dominant leg. We measured the speed and the accuracy of kicks before loading and after the maximum load.

Results: The results of work give information about the impact of fatigue on the kick speed and accuracy of young soccer players. It has been found that after the impact of loading the soccer players had worse results in the studied parameters.

Keywords: fatigue, kick, loading, skill, soccer