Title:
Youth Sports Preparation Issues

Objectives:
The objective of the diploma thesis is to find out the intervention programme effectiveness using specific and semi-specific character exercises in relation to the enhancement of fitness training pre-conditions of the young football players belonging to the U 16 category.

Methods:
A group of players, who were subjected to testing, consisted of 12 players of younger junior category at the age of 16 years (year of birth 1997) who are playing younger junior league. This group was involved in a two-month process of intervention. The exercises were applied every day in both months during the main contest period. Before joining the intervention, players were subjected to entry tests, then, a two-month training cycle began. After that, the players underwent final tests which were exactly the same as the entry tests.

Results:
The section of the diploma thesis bringing tangible results involves their evaluation which is available in the submitted protocols. Final results are presented in a well arrange way in the form of charts and graphs followed by their evaluation.

Conclusion:
Direct influence on the speed and coordination abilities using specific and semi-specific exercises is an important constituent part of training units in any football match namely because of the fact that movement cultivation is enhanced and explosive forces are developed.

Keywords:
Football, speed, speed endurance, coordination, coordination abilities, speed abilities, fitness training.