

## **Abstract**

**Title:** Strength as a determinant of kick speed of young soccer players.

**Objectives:** Identify the relationship of strength of extensors and flexors of knee and the kick speed and accuracy of young soccer players.

**Methods:** The study group consists of 20 players in the age between 20-25 years ( $22,45 \pm 1,12$  years) league level engaged in the provision of an elite soccer club. The players passed the tests of strength abilities week before field testing of kick speed and accuracy. Strength extensors and flexors of knee were measured in laboratory conditions at three different stages of the angular velocity of the dominant and nondominant lower leg. After week the players completed three shots on goal by preferred and non-preferred leg, where we measured the speed and accuracy of kick.

**Results:** The results of work submit information about relationship between the strength of extensors and flexors of knee and the kick speed and accuracy depending on the degree of angular velocity. It has been found moderate - strong correlation between conditionings depending on the different degrees of angular speed of the movement.

**Keywords:** accuracy, kick, skill, soccer, speed, strength

