

Abstract

Title:

Short-term intervention in the development of speed in football

Objectives:

The work objective is to assess efficiency of speed intervention at categories of Under-13 and Under-14 of the football club FK Pardubice.

Methods:

The group observed contained players aged 13 and 14. Total number of players was 23 (n=23, 13,2 ±0,3 year). In order to verify the efficiency of the interventional program, which took 6 weeks, a 20 m shuttle run, a change-direction run with and without ball were used. The data were gathered with 2010 programme and processed according to Statistica statistical programme.

Results:

After 6 weeks of a motion intervention the experimental group did not show any significant progress. The group not involved in the motion programme did not make any progress. In rare cases, even a slight deterioration occurred in both groups. Based on results stated below we declare that the program chosen was not efficient for speed development at the categories of U13 and U14 of the club of FK Pardubice.

Keywords: football, academy, motion intervention, speed