Abstract

Title: Velocity and agility skills in football.

Objectives: The aim of the study was to evaluate the velocity of movement of players due to the change in direction. Assessment of the direction changes when moving to a successful test result. Mutual comparison of the decelaration and acceleration at a given distance.

Methods: Measured group consisted of 15 players with these athropometric values (age = 17-18 years, height = 178 ± 4.58 cm, weight = 72 ± 2.35 kg). Players completed the warm-up prior to testing (activation stretching, stretching, warm up and subsequent motion game).

Measured tested portion was 5m, followed by turning on the predefined leg and running backwards to the photocell gate. Each player completed 2 attemps on the right and 2 attemps on the left leg.

Method for evaluating the kinematics used 2D video analysis. For video processing software was used Virtual Dub 1.4 (VirtualDub.org) cut processing records mileage and kinetic analysis was performed using software, Bio TEMA (ImageSystems Ltd., Sweden).

Results: The results are as follows : third player had the fastest time in all attempted turns 5,76 m/s. The best result turning on the left had the twelve player who reached 5,54 m/s. In conclusion i would like to concentrate on the speed component after a difficult coordination exercise and after a certain time i would repeat the whole testing structure and i would compare if there was a successful improvement..

Keywords: coordination, velocity, change direction, acceleration, deceleration