

Abstract

Title: The evaluation of motor performance in football in category of older children

Objectives: The goal of the thesis is to identify and evaluate a level of the motor performance of the older preparatory category in the football club Xaverov.

Methods: The main scientific methods of theoretical – empiric character are in-field testing and observation. The research group contained of seventeen nine-year old soccer players of older preparatory group ($9,7 \pm 0,2$ years). To evaluate the physical capability examined kids passed UNIFITTEST 6-60. The MABC-2 motoric test helped to find out the basic motoric level. BMI index and the sum of the skin fold thickness were both used to evaluate the body content. Basic descriptive statistics (the arithmetic average and standard deviation) and correlation analysis were used to analyse gained data.

Results: The found level of the physical capability was average. Even though 10 out of 17 players gained above average value in UNIFITTEST 6-60. Young football players gained above average score in evaluation of aiming and catching abilities (AC), and slightly below average score in evaluation of the balancing ability (BAL) in comparison with the standard for Czech kids of the same age. Significant correlation were found between the total UNIFITTEST score and the amount of the skin folds. This correlation proved that the soccer players with lower values of subcutaneous fat are more physically capable.

Keywords: Football, Motor tests, Motoric performance, Physical abilities, UNIFITTEST, MABC-2