

Abstract

Title: The current state of fitness of footballers 1. FC Viktorie Pøerov in the juniors age

Objectives: Determine the current fitness of footballers in category U12 – U15 in 1. FC Viktorie Pøerov club

Methods: Indirect measurement method

Results: The best results had footballers from U15 category as we assumed. The difference between U15 and U14 was often very small. On the contrary U13 footballers were behind U14 a lot. The worst results had the youngest category U12. Players from U15 and U14 drop behind in 30 metres sprint in the contrary of Brazil U15 category. Average results of U15 in Pøerov is 4,52 seconds. Average results of Brazil U15 is from 4,24 to 4,30 seconds. In other disciplines are results similar with the other studies.

Keywords: Football, Yo - Yo test, standing long jump, 30 metres sprint, 25 metres sprint with ball, endurance, speed, strength, U12, U13, U14, U15, 1. FC Viktorie Pøerov