Abstract

Title: Physical fitness of football players category U7

Objectives: To find the level of physical fitness and level of football skills of football players category U7. Find a relationship between physical fitness and level of football skills.

Methods: Total sample was consisted of 22 players category U7 (year of birth 2010). For get level of physical fitness we used the Unifittest 6-60 which is composed of four tests and somatic test. We calculated BMI from results of somatic test. For test of football skills we create a special test which included elementary player skills (keeping a ball with change of direction, stop the ball).

Results: When we get a results of Unifittest 6-60 we determinate that 63 % of players get average to below average score. When we determined the dependence of special skills on physical fitness, we found, apart from the sit up test, that the remaining tests correlated quite extensively with the special skill test. Special skill test correlated with overall score of Unifittest 6-60. When we get level of subcutaneous fat we find that players have medium to low value.

Keywords: Unifittest 6-60, football, ability, skill, children, testing, body mass index