Abstract

Title: Seasonal variability of speed and endurance skills of young elite soccer players.

Objectives: Comparison of variability in speed and endurance capabilities of young elite soccer players during one season in the U-12 category based on the results of a test battery consisting of 4 tests (30 m sprint test, Agility 505 Test, Illinois test and Yo-yo intermittent recovery test level 1).

Methods: Our thesis is characterized by using comparison and testing methods. We use the comparison method in the result section, in order to compare the performance of individual players by means of statistical methods. This is how we focus on each of our test exercises during all four testing phases included in seasonal macrocycle.

The results: As the result of our thesis, we found out that the physical abilities of individual players and their demonstration in the performed tests improve or remain the same or statistically very similar throughout the season. We observe the highest variability in agility 505 test with a 6.96 % DL and 7.29 % NDL as well as a 25.86 % in Yo-Yo intermittent recovery level 1. According to our observations, deviations in the performance of soccer players are mainly caused by long-term and systematic training process, different training and match load of the players during the macrocycle, training interruptions (due to illness, injury) and learning process involved in repeated performance of individual tests.

Keywords: soccer, speed, agility, testing, physical abilities, category U-12.