

Abstract

Title: Performance in selected agility tests for football players.

Objectives: The main aim of this thesis is to determine the agility level of elite soccer players (15-17 years) using two selected agility tests. The partial objective is to determine the relationship between agility tests.

Methods: The main scientific methods of theoretical – empiric character are in field testing and observation. The research group included 31 players Motorlet Praha and 30 players Bohemians Praha 1905 categories U16 and U17. Basic descriptive statistics and correlation and regression analysis were used to evaluate the measured data.

Results: Based on the results in using tests, was find out the higher level of agility of the players in category of U17 compared with younger players from the category U16. However, this difference was found out only between the teams of the club Bohemians Prague during the more in depth analysis. The players of the club Bohemians Prague 1905 from the category U17 achieved the best average results in both using tests. The players in category U16 of the club Motorlet Prague achieved considerably better time in Arrowhead agility test compared with the players from the club Bohemians Prague. In Illinois agility test achieved considerably better time the players in category U17 of the Bohemians Prague compared the ones from the club of Motorlet Prague. Determination of the correlation coefficient ($r=0,692$, $p<0,01$) was proved the statistically important relation between used tests of agility of total group of football players.

Keywords: football, agility, agility tests, performance in football