

Abstract:**Title:**

Influence of small side games and runs on sprint performance and agility in football players.

Purpose:

The aim of the thesis is to find out the influence of selected movement interventions (small side games versus runs) on sprint performance and agility in elite football players in U14 category during the preseason period.

Methods:

The 30-meter Sprint was used to rate speed-strength performance. Players have executed 2 sprints at 30m. Sprint time was measured at 5, 10 and 30m. Agility tests included: test 505 and three-step test. Players also have executed 2 tries (one of each leg). A set of photocells (Alge Timing GmbH, Lustenau, Austria) was used to measure the time of all tests.

Results:

Both groups significantly improved in the three-step test ($p < 0.05$; $r > 0.5$). The SSG group, after a two-month intervention, significantly deteriorated in the sprint to 5, 10 and 30m ($r = 0.38 - 0.69$). The race group did not significantly improve in sprints at 5, 10 and 30m. In the agility test, we saw a significant improvement only in the Run groups and only on the left leg ($r = 0.42$). Based on the findings, we believe that the training units of the linear speed and speed with the change of direction maintain the level of player's speed during the season. Therefore, I recommend that they should appear in the training microcycles of that category at least twice a week. Small side games have had a huge impact on the results of the three-step test, which I think it is most closely related to the game. So it would be good to induce these games in trainings units.

Keywords:

Strength and conditioning training, Speed abilities, Agility, Category U14, Biological Age