

Abstract

Title: Evaluation strength, speed and agility of elite football players.

Objectives: The main aim of this work is to determine the level of strength, speed and agility of elite football players (15-16 years). The secondary aim is then to identify the interrelationships between physical strength, speed and agility.

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: Little connection has been found between linear sprinter and agility tests ($r = 0.28-0.40$). Very similar pattern has been found between linear sprint performance and maximum limb strength ($r = 0.16-0.23$) and also between the performance in the agility test and the maximum strength of the lower limbs ($r = 0.15-0.18$). A significantly better performance in the agility test was discovered among older players (16 years) compared to younger players (15 years). The results show the low level of interaction between selected parameters which play an important role in the game performance of football players. Performance in the agility test seems to be discriminatory in terms of players.

Keywords: agility, maximum power, linear speed, soccer