

## Abstract

**Name:** Condition assumptions at football

**Objectives:** The aim of this work is evaluate of influence motoric tests from FC Tempo Praha and then compare results of measurement at categories from U12 to U15 and find out differences in fitness assumptions between player posts. Assess the influence of training time by years on basic fitness assumption is also one of the goal.

**Methods:** I used for evaluation of measurement Microsoft Excel 2016. Pearsons correlation coefficient were used for value of correlation tests. For substantive significance were used Cohens D. For suggesting suitable fitness skills tests I used domestic and foreign literature and internet sources.

**Results:** The best results of measuring speed conditional assumptions were reached by the attackers in the tests at 5 m =  $1,17 \pm 0,11$  s, 10 m =  $1,98 \pm 0,15$ , 20 m =  $3,45 \pm 0,21$  and 50 m =  $7,66 \pm 0,51$  s. At 505 Agility Tests, the defenders reached 505 agility L =  $2,74 \pm 0,17$  and 505 agility P =  $2,73 \pm 0,21$  s achieved goalkeepers. Midfielders achieved best result in the Yo-Yo test at  $1310 \pm 526,50$  m on average. In the long jump, the goalkeepers were best with  $198,71 \pm 16,14$  cm.

When compared for each categories, best performance achieved the U15 category for 5 m =  $1,14 \pm 0,07$  s, 10 m =  $1,92 \pm 0,1$  s, 20 m =  $3,29 \pm 0,13$  s, 50 m =  $7,22 \pm 0,35$  s, 505 agility L =  $2,64 \pm 0,18$  and 505 agility P =  $2,63 \pm 0,22$  s. The U14 category achieved the best results at the YoYo test =  $1540 \pm 333,56$  and jump into the distance =  $205,71 \pm 13,76$  cm. A high correlation was similarly observed for 20 m and 50 m where  $r = -0,77$ . The mean correlation values are then 5 m  $r = -0,45$ , 10 m  $r = -0,47$  and Yo-Yo test  $r = 0,6$ .

For players with a training period 9 years were measure the best average results at 5 m =  $1.15 \pm 0.07$  s, 10 m =  $1.93 \pm 0.11$  s, 20 m =  $3.35 \pm 0.16$  s, 50 m =  $7.31 \pm 0.4$  s, 505 agility L =  $2.61 \pm 0.16$ , 505 agility P =  $2.59 \pm 0.21$ , long jump =  $201.69 \pm 20.63$  cm. At the Yo-Yo test =  $1498.82 \pm 257.34$  m the players with a training period of 8 years has reached best performance. The highest correlation values between training period and tests were find in the 20 m sprint  $r = -0,63$  and in the 50 m sprint  $r = -0,64$ , which are mean correlated values. The mean correlation was also find in the 10 m sprint  $r = -0,47$  and in the Yo-Yo test  $r = 0,45$ . Substantive significant was found among players with a training period of 9 and 5 years, 9 and 6 years and 9 and 7 years.

**Keywords:** conditioning prerequisites, football, speed, power, endurance, playing position, chronological age, time of training, correlation, substantive significant