

Abstract

Title: Level of physical activity, motor skills and physical ability of young football players

Author: Filip Zitta

Supervisor: Mgr. Jakub Kokštejn, Ph.D.

Objectives: The goal is to conduct weekly monitoring of physical activity, to determine the level of physical fitness and motor skills

Methods: Target market of the thesis are consisted of FK Příbram players (n = 28; age 10.3 ± 0.7 years). The Actigraph GT3X accelerometers were used to obtain the necessary data about the motion activity. To determine the level of fitness, the Unifittest 6-60 was used and a TGMD-2 TES was used to determine the level of motor skills.

Results: The average daily time spent in medium or high activity was set at 80 min and exceeded the daily recommended amount. In the fitness test, 43% of children reached a rating above average and 35.7% below average. The rest reached the average rating. In a motor skills test, no one was rated well or very well. The above-average rating reached only 7%. Most children (42.9%) Was assessed on average, only 17.8% were rated weakly or very weakly.

Key words: physical aktivitiy, motor skills, physical ability, accelerometer, Unifittest 6-60, TGMD-2