

Abstract

Title: Monitoring of speed training of soccer players U13

Objective: In the literature research to describe the basic attributes of youth soccer and on the basis of cross - sectional study in the form of single testing monitor to examine indicators of condition level of U13 youth soccer players in one soccer team, with particular regard to speed.

Methods: The research group consisted of 17 youth soccer players from SK Aritma Praha U13. We used single testing monitor, consisted from 5 different assessments: Acceleration speed test (10m sprint with 5m recorded time), Absolute locomotion speed test (20m sprint), Agility and speed test (505- agility test), Test for explosive power of lower limbs (vertical jump) and test for upper limbs explosive power (overhead two- handed throw with medicine ball). To evaluate data we used paired double sides (two-tails) T- test and confident interval of student dividing with 95% probability.

Results: The result of our study showed significant decrease of speed with growing number of attempts in running tests, while in power tests mean rate remain constant or was increased with the next attempt. In general we could say that mean rate of two attempts of the same test was same as our predictions, although in every test was almost one attempt significantly different.

Keywords: soccer, speed abilities, agility, youth category, tests