

Abstract

Title: Using the Yo-Yo test in football in the category U 12

Objectives: Aim of this work is to compare the results of my research with other research, which also used the same type of yo - yo test at ages younger pupils.

Methods: Group monitored the players consists of 26 probands in category U 12 who play in the elite team of high level. Players warm up before the test completed. Then it passed to the actual testing, which consisted of 2 x 20 meter runs and was interspersed with short recovery breaks until the player was able to meet the test requirements. For each player after removal from the test are enrolled elapsed distance.

Results: The average elapsed distance from my research is 305.23 meters, while the Japanese footballers result is 286.2 meters. From the results it is obvious that the players of the research group achieved better results than the players playing the Japanese league, and despite the fact that they have a lower average age.

Key words: football, yo - yo test, recovery, performance, level.