

Abstract

Title: Selected parameters of fitness assesment of elite young soccer players

Objectives: This work identifies selected parameters of the fitness readiness of young elite soccer players. Additionally, we describe terrain motor tests focusing on the metrics of speed, dexterity, and agility, amongst others. Finally, we describe the results of the tests and analyze the speed capabilities and individual indicators by using the motor terrain tests.

Methods: Subjects were studied using field testing specific to soccer. Participants were elite soccer players under 16 years old who were in the national selection. The subjects attended a measurement at national level with artificial grass, the standard playing conditions. We investigated the speed capabilities of each player, followed by a statistical evaluation of the results using computer programs.

Results: The individuals tested showed very good condition parameters, forming a homogeneous assemblage. An analysis of the players' motor test performances determined their speed abilities. It was found that at single speeds in various sections of a run, which the players achieve during a twenty meter run, the curve of acceleration rises and plateaus as they start to maintain their speed.

Keywords: football, youth, tests, speed, agility