

## **Abstrakt**

**Title:** Subjective evaluation exercise intensity according Borg Rating of Perceived Exertion scale in different training forms in soccer for 14 years old soccer players

**Objectives:** Detecting and analysis Rating of Perceived Exertion for 14 years old soccer players in different training forms.

**Methods:** 15 points of Borg Rating of Perceived Exertion scale measure subjective evaluation exercise intensity in different training forms.

**Results:** The average value RPE in training exercises I. type was 9 and 11, in games exercises I. type the average RPE was 10 and in small side games 2:2 was the average value of RPE 12. The average of RPE was 13 after the match.

**Keywords:** Borg Rating of Perceived Exertion scale, soccer, youth training forms