

Abstract

Title: Identification and comparison of selected motor skills in elite U14 and U15 football players

Objectives: The aim of the thesis is to objectify and compare selected indicators of motor skills in young elite football players category U14 and U15.

Methods: 26 probands at age 14 and 15 were tested. Testing took place in one training unit. In the thesis are used the methods of observation and testing. In the result section we use a comparison method where the results of individual players were compared using statistical methods. During the testing Brower timing system, Optojump, sports radar and Fitt light cones were used.

Results: The results of our thesis showed the differences in the physical abilities in terms of player posts as well as individual players. We divided our test file into defenders, midfielders and attackers. The highest level of endurance capability was shown by younger defenders and midfielder, strength capabilities of older defenders and attackers, speed acceleration capabilities and agility of younger invaders.

Key words: football, testing, mobility skills, agility, endurance, strength, speed, category U14 and U15