Abstract

Title: Assessment of general motor coordination, sprint speed and dribbling with the ball in young football players.

Purpose: Find out the relationship between measured parameters from the motor coordination tests (area of general motor ability), the timed slalom ball control test (area of football skills) and the sprint test with a change of direction (area of conditioning abilities) for the young football players (U6 – U11). Find out the possible differences between the age categories of pre-preparation (U6-U7), younger preparation (U8-U9) and older preparation (U10-U11). Find out possible differences between players with different levels of motor coordination in the slalom test with a ball and in the speed test with a change of direction.

Methods: We used the method of observation and measurement for data collection. We used a form of field testing for the observations. The research group consisted of 90 football players in the preparation categories (U6, U7, U8, U9, U10 a U11) in the football club SK Slavia Prague. The Körperkoordinationtest für Kinder (KTK) test battery was used to determine the level of motor coordination. This test battery contains 4 tests from which the motor quotient can be calculated. Agility test was used to determine the fitness ability of the players movement speed with a change of direction. Specific football skills were tested using a timed ball slalom.

Results: It was found that 44% of the players achieved a rating of „highly above average“ in the motor quotient indicator of the KTK test, and 46% of the players achieved an „above average“ result. It follows that 90% of players achieved above average results. A strong correlation was found between the change of direction speed test and the ball slalom ($r=0.84$, $p<0.01$). By determining the correlation coefficient between the KTK test and the speed test with change of direction test ($r=-0.24$, $p<0.05$) and between the KTK test and the ball slalom ($r=-0.25$, $p<0.05$), we found a significiant but weak relationship. When comparing the subtest and the test of speed with a change of direction and slalom with ball, we found the largest correlation coefficient for displacement. A moderate relationship was found between the speed test with a change of direction and displacement ($r=-0.42$, $p<0.01$) and a moderate relationship between ball slalom and displacement ($r=-0.48$, $p<0.01$). With increasing age (U6-U7, U8-U9 and U10-U11) players improved significantly in the change of

directiong speed, ball slalom and motor coordination tests. The U10-U11 players with the best performance in motor coordination performed significantly better in the change of direction speed and ball slalom tests compared to the lowest performers.

Conclusion: According to the obtained results, the tested players are very well developed in terms of motor coordination. In older U10-U11 players, performance in speed tests with a change of direction and ball slalom was significantly influenced by the level of motor coordination. Motor coordination training is an important component in children´s training and can contribute to improving speed and specific football skills.

Key words: football; movement skills; specific football skills; KTK test; youth.