

## **Abstract**

**Title:** The relationship of explosive strength and CODS performance

**Objectives:** The main aim of this work is to find out the degree of relatedness indicators between explosively force abilities and performance in individual Agility tests for U16 and U17 footballers

**Methods:** Testing and measurement was performed on a sample of 32 players aged 15-16 from the Bohemians Prague football team. To determine the player's explosive-force abilities, the Kistler board was used in the BEZ laboratory. Agility testing was based on test batteries for this ability (Arrowhead L and P, Illinois, 505 L and R, K-test and Hexagon). The data measurements was processed by using IBM SPSS statistics 22.

**Results:** I have found that the impact of explosive strength abilities was most evident in Arrowhead and Illinois CODS tests at  $R = 0,4 - 0,7$  and  $p < 0,05$ . On the contrary, Hexagon test proved to be independent of explosive-strength abilities.

In addition, it was found a small correlation value between 505 test and other CODS tests.

**Keywords:** fitness ability, Agility, CODS, speed, strength, football