

Abstract

Title:

The level of a generic motor coordination of football players aged 6 – 11 old.

Purpose:

The aim of this bachelor thesis was to determine the level of generic motor coordination in the football categories (6-11 years old). At the same time, we assessed the significance of group differences.

Methods:

Total of 90 players of SK Slavia Praha born between 2011 and 2016 were involved in the research (U6 n=10, age = $6,0 \pm 0,3$; U7 n=14, age = $7,2 \pm 0,2$; U8 n=13, age = $8,0 \pm 0,3$; U9 n=19, age = $9,1 \pm 0,3$; U10 n=18, age = $10,2 \pm 0,6$; U11 n=18, age = $11,2 \pm 0,2$). The level of a generic motor coordination was assessed using the KTK test battery (Kiphard, Schilling, 2007). The observational method in the form of field testing was used for the data collection. Coefficient of substantive significance called Hedges' g was used to assess the significance of differences between categories.

Results:

In the results, it was found that between 19% to 54% of the players scored in the top category of "highly above average" in the KTK motor test. At least 80% of the players achieved performance in the top two categories of "highly above average + above average". The U9 category had the highest representation of the highest rating of Highly Above Average (53%) and the U10 category had the lowest representation – only 19%. The highest percentile results were achieved by the U8 and U11 categories (96.3 or 96.7 percentile respectively) and the U6 category had the lowest score (88.8 percentile). Furthermore, it was found out that there was no highly significant difference ($g > 0.8$) between the categories in the results of each subtest of the KTK. There was a relatively significant difference ($g = 0.75$) in the result in the leg jumps between the U9 and U10 categories when the significantly higher standard results were achieved by the younger U9 category.

Conclusion:

The level of motor coordination of the football players aged 5-11 years old was mostly above average to highly above average. The coaches should be focused on increasing the level of motor coordination of the players with average levels of motor coordination by teaching more challenging and complex sports skills.