

Abstract

Title: Comparison of movement abilities of Basketball Players Across Categories Using the Illinois Agility Test.

Objectives: The aim of this bachelor's thesis is to explore in depth the theory of movement abilities development in young athletes. Subsequently, through testing, it seeks to determine and compare the level of these abilities across basketball categories U14-U19.

Methods: The research involved 58 players across different categories (U14- 15 players, U15- 14 players, U17- 15 players, U19- 15 players). The standardized Illinois agility test was used to obtain the necessary data.

Results: The results of this study indicate that there are statistically significant differences in performance among the different age categories in the given motor skills test. Furthermore, all obtained results were compared with the normative values of the test used. We concluded that the results of 44 participating players were classified as average, 12 players as above average, and only 2 tested individuals performed at a below-average level.

Keywords: basketball, basketball players, comparison, movement abilities, testing, Illinois Agility test