

Abstract

Title: Motor tests in handball: Analysis and comparison of international testing batteries and their results with Czech standards

Objectives: The main aim of this work was to conduct a review of international studies focused on the motor skills tests of youth handball players and to compare these international tests with the test battery issued by the Czech Handball Association (CHA) to determine whether Czech motor tests are comparable to international standards. The secondary aim was to compare the results of these tests with the results achieved in the Czech environment, specifically in the youth training center in Prague.

Methods: The conducted research analyzed various aspects of motor skills, such as speed, strength, endurance, coordination, and mobility. The analyzed motor tests and their results were captured in tables and were compared with tests from the CHF test battery using a frequency table. A secondary comparison with the research test results was made using the arithmetic mean, specifically comparing the motor test results from the Prague youth training center.

Results: The comparison showed that Czech tests correspond to international standards in many respects, but certain differences were also identified, which could be valuable for further improvement of training methods in the Czech environment. The resulting performances in sprinting, ball throwing velocity, horizontal and vertical jumps indicate that the approaches used in the Czech group may offer better results in various aspects of physical condition.

Keywords: motor tests, handball, international standards, Czech standards, physical condition, comparative analysis.