

Abstract

Title: Testing of endurance, speed and strength abilities of regional football academy players

Objectives: The topic of this bachelor thesis was the testing and subsequent comparison of endurance, speed and strength abilities in players of the Regional Football Academy. This thesis aimed to determine if the differences in performance between the Regional Football Academies involved in this work were significant. Furthermore, this thesis compared the possible differences in the performance of each category. The final comparison that the author addressed was to compare the motor testing results of the individual football positions with each other and whether these results showed significant differences.

Methods: The methods that were used within the bachelor thesis were the methods of comparison of the above mentioned files. This comparison was done using statistical methods and tests. These methods and tests included the Koglomoror – Smirmov test, which determined the normality of the population under study. Furthermore, T – tests and Mann Whitney U – tests were used. These tests determined whether the differences in the measured values were statistically significant or not within the population of interest.

Results: The result of this work is a comparison of the Regional Football Academies of the Olomouc and Pardubice Regions, a comparison of the U14 and U15 age categories and a comparison within individual football positions. These obtained data can be used to better target training units and also to individualize the approach to individual players.

Keywords: player comparison, categories U14, U15, club football academy