

Abstract

Title: The relationship between motor performance and body composition in football

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Aim: To determine the current level of motor performance and somatotype among football players (9-10 years old). To determine the relationship between motor performance (evaluated by UNIFITTEST 6-60) and somatotype among football players at older mite team (9-10 years).

Methods: Total sample was consisted of 25 players who underwent anthropometric measurements to determine the somatotype according to the method of Heath-Carter and UNIFITTEST 6-60 for the evaluation of basic motor performance.

Results: It was found that 72 % of the tested players achieved above-average evaluation in UNIFITTEST 6-60. The tested football players had a lower portion of subcutaneous fat considering the physical constitution. In our study we did not find significant relationship between selected indicators of motor performance and physical somatotype. Although the level of motor performance was rather above-average and the value of subcutaneous fat was relatively low, our results suggest that these determinants of individual game performance are not closely related.

Key words: motor skills, somatotype, UNIFITTEST 6-60, physical fitness, children, football