

PARTIAL AND GLOBAL QUANTITATIVE CHANGES OF MOTOR ABILITIES IN FOOTBALL PLAYERS 14 TO 16 YEARS OF AGE

Abstract

This research work was carried out on the sample group of 137 football players, 14 to 16 years of age from football clubs in the area of Central Bosnian Canton. The research applies a set of 15 tests of motor abilities, which determine velocity, explosive and repetitive strength, coordination and flexibility. The basic aim of the research was to determine the partial and general quantitative changes that developed as a result of programmed training activities over a period of six months. The analysis of possible changes (differences) between the initial and final measurements of motor abilities has been performed using T-test for dependent sample and discriminative analysis. On the basis of obtained values of the T-test it has been established that significant positive changes (partial transformational quantitative effects) in all the variables applied in the field of motor abilities developed as a result of the applied programmed training activities. On the basis of obtained values of discriminative analysis it has been established that there occurred statistically significant general quantitative changes in the field of motor abilities; the most important refer to repetitive strength, flexibility and segmental velocity of lower extremities. On the basis of obtained values of the T-test for the dependent samples and the values of discriminative analysis it can be concluded that statistically significant positive changes (partial and general quantitative transformational effects) in all the variables of motor abilities developed as a result of the applied programmed training activities.

Key words: motor abilities, football program, T-test, discriminative analysis.
