

CHANGES IN SOME MOTOR-FUNCTIONAL ABILITIES IN FOOTBALL PLAYERS OF YOUNGER AGE GROUPS AFTER A THREE-MONTH KINESIOLOGICAL TREATMENT

Abstract

Statistically significant differences in several motor and functional abilities between initial and final measurements were determined on the specimen of 47 footballers aged 15 and 16. The measurement was carried out during three-month pre-season training. Transformational process contents included practice for pace expansion (sprint), agility, explosive strength and stamina. T-test results showed that the difference between two measurements was evident in all applied tests except explosive strength test (test for horizontal jump intensity) after only three months. Vertical jump intensity was rather emphasized than horizontal one. The main reason was that vertical jump intensity is more common and often in football and also during the training process. These results can serve as a guideline for youth coaches especially during training session correction. According to this they should increase and encourage practice for horizontal jump intensity. Globally, these kinds of data, referring to significant differences measured during pre-season training, were expected due to high training intensity based on basic motor and functional abilities development.

Key words: *footballers, motor, transformational process, differences*
