

DIFFERENCES IN FOOTBALL PLAYERS' OF VARIED LEVELS OF COMPETITION IN DIFFERENT BALANCE CAPABILITIES

Abstract

Ability of balance, balance football players, are very important in maintaining proper function of body position at shooting, duel, drop especially in the prevention of injuries. The aim was to determine differences in the ability of balance, football players of different levels of competition in Bosnia and Herzegovina. The survey was conducted in the 2007/2008 season, included 129 football players, seniors, different levels of competition (5 levels): I-level (National Team), II-level (Premier League), III-level (First League), IV- level (Second League) V-level (Cantonal League). To test the ability of the balance was used Biodex Stability System (Level 4 of the complexity of the test, stability level 4 in the duration of 20 seconds) index of stability. Determining the difference between levels was done T-test for independent samples. The results showed statistically significant differences between the third and fourth level III-level (First League) and level IV (Second League), $p < .05$ in favour of the fourth level, and between other levels there is no statistically significant difference. The survey did not show the expected difference between the levels of competition. It was expected that the differences between levels are in favour of quality competition, which has not happened.

Key words: *difference, balance, football, levels of competition*
