DIFFERENCES IN SPEED AND FUNCTIONAL ABILITIES BETWEEN FOOTBALL PLAYERS OF THE FIRST AND THE SECOND LEAGUE

Abstract

The aim of this study was to determine the differences in speed and functional abilities of football players of the first and the second league. The sample of respondents included in this study, consisted of the players of the first and the second Serbian League (22 players of the first and 18 players of the second football league). The sample of variables consisted of three variables to assess the speed and functional abilities of players (maximum running speed between cones at 20 meters, maximum running speed on the track, the operating speed, maximum oxygen consumption, heart rate at rest and at the end of the test). The authors conclude that there are statistically no significant differences in the speed between players of the first and the second football league at the multivariable level, as well as in the maximum running speed on the track. However, there are significant differences in the maximum running speed between the cones at 20 meters, as well as the operating speed. Statistically, there are also no significant differences in the functional abilities at multivariable level between the players of the first and the second football division, as well as in the heart rate at rest and at the end of the test. Statistically, significant differences exist only in maximum oxygen consumption between the players of the first and the second football league.

Key words: soccer players, first and second league, speed, functional abilities, differences