

ENDURANCE TRAINING IN THE PRE-SEASON PERIOD AT FOOTBALL PLAYERS

Abstract

The research was aimed to determine the effectiveness of football players' endurance training in the pre-season period. The sample consisted of 100 respondents selected from the population of regular students of elementary schools in Nis 12 and 13 years of age and divided into the sub-samples of 50 football players, who are training in the soccer clubs in addition to regular physical education classes (experimental group) and sub-sample of 50 of them who have only the regular physical education classes (control group). Experimental group members were included in endurance training in the course of eight weeks or 32 classes pre-season period. Measuring instruments for the assessment of endurance consisted of three tests: 800 meters running, both 1000 meters running and Kuper's test, and five tests for the evaluation of the functional abilities: pulse in the first minute after the Kuper's test, the pulse in the second minute after Kuper's test, lung vital capacity, systolic arterial blood pressure and diastolic arterial blood pressure. Using analysis of variance, canonical discriminative analysis and analysis of covariances, obtained results have confirmed the positive effect of endurance training on the observed dimensions of the anthropological status of experimental group in relation to the control group.

Key words: *endurance training, pre-season period, endurance, functional ability, football*
