

## CORRELATION BETWEEN MOTOR SKILLS AND PERFORMANCE EVALUATION OF BALL ROUTINE ELEMENTS IN RHYTHMIC GYMNASTICS

### **Abstract**

*The primary aim of this research was to establish if there exists any correlation between motor skills and success in performing technical elements of the ball routine in rhythmic gymnastics. The research was conducted on 52 female sophomore students of the Faculty of Kinesiology at the University of Zagreb. The students were put through a series of 12 tests establishing their basic motor skills: coordination, flexibility, explosive strength and static strength. Their success in performing technical ball routine elements (6), which are defined and prescribed in the course plan and program, was assessed by five competent judges. Through regression analysis it was established that a cogent statistical significance between the observed motor skills and success in performing technical elements from the ball routine does not exist. From the set of predictor variables, only the test for assessing coordination MBKS3L (slalom with three balls) showed statistical significance in the prediction of success in performing the selected criterion element.*

**Key words:** *students, coordination, flexibility, strength, regression*

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