

## A LEVEL OF RUNNING SPEED OF ELITE YOUNG SOCCER PLAYERS AT DIFFERENT POSITIONS

### **Abstract**

The aim of the study was to analyse a level of running speed in 50 meters of soccer players in Slovak national under-21 soccer team ( $n = 20$ , goalkeepers = 2, defenders = 4, midfielders = 8, forwards = 6) in the period of classification for the UEFA European Under-21 Football Championship 2011. The level of running speed was diagnosed with the device Fitro Light Gates (FITRONIC, Bratislava, Slovak Republic). The criteria for the performance assessment was the time obtained in the distance of 50m with the exactness of 0,01s. Differences in the level of running speed were recognised and defined by the subject analysis. The level of running speed of the whole group was presented by the average performance with the figure  $6.80 \pm 0.13s$ . The level of running speed of defenders was transformed into the performance  $6.90 \pm 0.07s$ , midfielders  $6.75 \pm 0.12s$  and forwards  $6.73 \pm 0.28s$ , what is adequate to the level of performance and running speed of the whole group. The significantly low level of running speed was determined by goalkeepers, presented by the average value  $7.00 \pm 0.15s$  compared to the average level of the whole group. By comparison of the level of running speed of the defenders, one defender achieved significantly low level (6.99s) and another one achieved significantly high level (6.83s) of running speed, in comparison with the average level of running speed of defenders. The special subject analysis of the level of running speed has showed that one midfielder reached significantly low level (6.92s) and another one reached significantly high level (6.50s) of running speed, compared to the average level of running speed of midfielders. The special analysis of the level of running speed has revealed that two forwards had significantly low level (7.03s and 7.10s) and one forward had significantly high level (6.41s) of running speed, compared to the average level of running speed of forwards.

**Keywords:** running speed, diagnostics, elite young soccer players

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