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RELATION BETWEEN MOTORIC ABILITIES AND SPECIFIC MOTORIC ABILITIES WITH FOOTBALL PLAYERS FROM 14 TO 16 YEARS OLD

Introduction

Football is one of the most famous games that man has invented. It is a complex of collective organization and individual ingenuity. No doubt, top results in sport require a serious base of scientific researches and skills. Certainly, modern top results that have been achieved can be analyzed scientifically. It is exactly the scientific approach that is to establish the characteristics of basic importance to provide success in football. It is in favor of top football game to regularly conduct researches, which, as elements of special interest, would cover the basic motoric and specific motoric abilities with football players.

Methods

The subject of the research is the motoric and specific motoric abilities with young football players aged from 14 to 16. The goal of the research is to establish how the explosive power influences the dribbling skills. The sample of respondents in the research consists of 39 school children at the age of 14 to 16, who play at FC "Gjilani" and have attended the club for at least two years. They underwent three tests for assessing the explosive power: 1. Standing long jump (SLJ); 2. 20-meter running (R20M) and 3. Sargent test (SARG). Along with it, two tests for assessing the specific motorics: 1. Dribbling 20 metres with start from the place (D20P) and 2. Dribbling 20 metres - fly start (D20F).

Results and Discussion

The data obtained from the applied five tests is worked out with basic statistic parameters. The relation between motoric and specific motoric abilities is determined through linear regressive analyzes in manifest space.

According to the results presented in table 1, it is evident that the achieved results anticipated.

Normal distribution is recognized for all applied tests. It suggests a good selection of the tests. They fit properly with the tested football players.

Table 1. Basic descriptive parameters of the used tests

Tests	Mean	Std.Dev	Min	Max	Skew	Kurt	K-S
SLJ	181.94	18.82	153.00	224.00	.40	-.34	.987
R20M	4.14	.32	3.45	4.90	.37	-.13	.329
SARG	15.29	9.31	3.00	40.00	.93	.08	.063
D20P	4.63	.38	3.80	5.60	.42	.29	.437
D20F	3.89	.40	3.10	5.00	.29	.28	.243

Table 2 represents the results from the regressive analysis. We can conclude that the tests of explosive power, as a system of prediction, have a statistically significant effect on performing test 1 - Dribbling 20 metres with start from the place. They provide 66% of prediction.

Table 2. Regressive analysis of the test Dribbling 20 metres with start from the place

	B	Std. Error	Beta	t	Sig.
SLJ	.06	.04	.43	1.48	.15
R20M	-.04	.03	-.46	-1.59	.12
SARG	-.14	.05	-.75	-2.48	.02
R = .81	R square = .66	Sig = .00			

Table 3 suggests the conclusion that the tests have a significant influence on performing test 2 - Dribbling 20 metres - fly start as a prediction test.

The coefficient of multiple correlation is $R=0.83$, while the coefficient of determination is 0.69.

On the base of the obtained results, we can conclude that the selected tests of explosive power present a significant effect in successful achievement of specific motoric tests with football players.

Table 3. Regressive analysis of the test Dribbling 20 metres - fly start

	B	Std. Error	Beta	t	Sig.
SLJ	.02	.02	.40	1.49	.15
R20M	-.16	.05	-.81	-2.83	.01
SARG	.06	.05	.59	1.32	.20
R = .83	R square = .69	Sig = .00			

The results suggest that there is a positive and significant relation between the applied motoric and specific motoric abilities. This confirms the close relation between the explosive power and specific motorics of football players expressed through dribbling.

Similar results are obtained in the researches of the following authors: Christou et al., 2006, Kraemer et al., 1998, and Young et al., 2001.

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