

FITNES PROFIL ELITNIH MLADIH NOGOMETAŠA U BOSNI I HERCEGOVINI – UTJECAJ STRUKTURE TIJELA I RAZLIKE U ODNOSU NA UZRASNU KATEGORIJU I POZICIJU U IGRI

Sažetak:

Cilj ovog istraživanja je bio utvrditi razlike fitnes profila elitnih mladih nogometaša u Bosni i Hercegovini u odnosu na kategoriju i poziciju u igri, i utvrditi utjecaj strukture tijela na varijable brzine, agilnosti i eksplozivne snage u odnosu na uzrasnu kategoriju i poziciju u igri. Testiranje je izvršeno na uzorku od n=192 ispitanika, elitnih mladih nogometaša (n=129 nogometaša U17 kategorije, prosječne starosne dobi 15.25 godina, i n=63 nogometaša kategorije U19 kategorije, prosječne starosne dobi 17.22 godina), podijeljenih u odnosu na uzrasnu kategoriju i poziciju u igri (golman, stoper, bočni, vezni, krilni, napadač).

Rezultati provedenog istraživanja ukazuju na postojanje jasnih morfoloških i motoričkih specifičnosti mladih nogometaša različitih pozicija u timu, te na razlike u odnosu na uzrast (U17 i U19 uzrasnih kategorija). Dobijeni rezultati potvrđuju da morfološke karakteristike i sposobnosti brzine, agilnosti i eksplozivne snage nogu nisu homogeno raspoređene među igračima, već su u značajnoj mjeri određene zahtjevima igre i funkcionalnim ulogama pojedinih pozicija.

Rezultati višestruke regresijske analize ukazali su da varijable strukture tijela (visina, masa, procenat tjelesne masti, mišićna masa, BMI) različito doprinose predikciji varijabli brzine, agilnosti i eksplozivne snage, zavisno od pozicije i uzrasta.

Generalno, rezultati višestruke regresijske analize pokazuju da su morfološke karakteristike značajan prediktor motoričkih sposobnosti u ranijem razvojnem periodu (U17 kategorija), dok s porastom uzrasta i trenažnog staža njihov utjecaj slabi. Ovakvi nalazi potvrđuju važnost individualiziranog pristupa u trenažnom procesu mladih nogometaša, posebno u pogledu razvoja brzine, agilnosti i eksplozivne snage, uzimajući u obzir pozicijske zahtjeve i razvojne karakteristike.

Ključne riječi: nogomet, brzina, snaga, agilnost, fitnes, tjelesni sastav, mladi nogometaši

FITNESS PROFILE OF ELITE YOUTH FOOTBALL PLAYERS IN BOSNIA AND HERZEGOVINA – INFLUENCE OF BODY COMPOSITION AND DIFFERENCES IN RELATION TO AGE CATEGORY AND PLAYING POSITION

Abstract:

This research aimed to determine the fitness profile differences of elite youth football players in Bosnia and Herzegovina in relation to the age category and playing position, and to determine the influence of body composition on the variables of speed, agility and explosive leg strength in relation to the age category and playing position.

Testing was carried out on a sample of n=192 elite young footballers (n=129 football players of U17 category, average age 15.25 years, and n=63 football players of the U19 category, average age 17.22 years), divided in relation to the age category and playing position (goalkeeper, centre back, full back, midfielder, winger, striker).

The results of the conducted study indicate the existence of clear youth football players morphological and motor characteristics of different playing position, and differences in relation to age (U17 category and U19 category). The results confirm that the morphological characteristics and abilities of speed, agility and explosive leg strength are not homogeneously distributed among players, but are significantly determined by the demands of the game and the functional roles of individual positions.

The results of the multiple regression analysis indicated that the body composition variables (body height, body mass, body fat percentage, muscle mass, BMI) contribute differently to the prediction of the variables of speed, agility and explosive power, depending on the position and age.

In general, the results of multiple regression analysis showed that morphological characteristics are a significant predictor of motor abilities in the earlier developmental period (U17 category), while with increasing age and training experience, their influence weakens. Such findings confirm the importance of an individualized approach in the training process of youth football players, especially in terms of the development of speed, agility and explosive strength, taking into account positional demands and developmental characteristics.

Keywords: football, speed, agility, strength, fitness, body composition, young football players