

AGILITY WITH AND WITHOUT THE BALL AMONG YOUNG SOCCER PLAYERS

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Abstract

The purpose of this study was to determine whether has statistically valid differences on agility with and without the ball among young soccer players, in soccer game. The population of this study consists of soccer players of Skampini Football Academy. The sample consists of two age groups: first group (ages 8-9 years) and the second group (age 10-11 years). The agility with and without the ball among young soccer players was assessed using these field tests: Slalom; Slalom with ball; Sprint with 90° turns; Sprint with 90° turns with ball; Sprint with 180° turns; Sprint with backward and forward running; Sprint 4 x 5 m. These field tests were applied on both age groups selected. Descriptive statistics were used to describe the field tests, while differences among relevant groups were analyzed using t-test and ANOVA. Results showed that there were statistically significant differences ($p < 0.05$) between the two age groups. The changes on agility with and without the ball among young soccer players, in soccer game, support the fact why among these two age groups there are variations in Field Size (group of 8-9 years old: $\frac{1}{4}$ Full Size Pitch Length: 40m - 50m Width: 30m - 40m; group of 10-11 years old: $\frac{1}{2}$ Full Size Pitch Length: 60m - 70m Width: 40m- 50m), Numbers (7 v 7 for first group and 9 v 9 for the second group), Ball Size (Size 3 for first group and Size 4 for the second group), Playing Time (2 x 20 minutes for first group and 2 x 25 minutes for the second group).

Keywords: *Young soccer players, field Test, agility*