

EVALUATION OF THE COORDINATION SKILLS OF FOOTBALL PLAYERS, AGED 15-16 YEARS, THROUGH HEGZAGONAL TEST

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Abstract

Coordination is very important in all ball games and, in this context, also in football. In the long life growing process there exist sensitive periods where coordination is developed more rapidly. In these periods of time the training of coordination abilities is an important part of the training program. In the 15-16 years old football players the coordination remain a dominant part of the training and therefore the testing of this ability is necessary. Hegzagonal Test is a easy test to be organized and to be performed by the young players and is also near the football specificities as a game. A group of 18 football players aged 15-16 years performed the hegzagonal test. The test consists of outside and inside jumping in a hegzagon with a 66 cm ribs. They made three jumping laps with the athlete that stands between the hegzagon and starts to jump out from page B and finishing a lap at point A. It is recorded the performing time of the three laps without stopping. The test is done on the football field with soccer shoes. The test was repeated after 5 minutes and was chosen the best time and is compared with Arnaut's Comparative Table (1984). At the same time we have calculated in % the time improvement of the first and the second test. From the 18 player only two of them are over the average, 8 of them are on average and 8 others are below average level. Expressed in%, 89% of the group is not in satisfying levels. On the other hand, 8 of the players have improved more than 10% from the first test into the second, while the rest is below this level. As it was the first time that this contingent performed this test, the ability to improve from one test to another can be evaluated as the acquiring capacity of the test technique and indirectly taken as an indication of adaptation to the new exercise. Although it is not a specific test for coordination skills in football, we think that this test, the simplicity of the performance can be used as a form of evaluation in coordination skills for young people.

Keywords: *Coordination abilities, Football players, Hegzagonal Test*

Introduction

Coordination skills have a crucial importance in the sport of football. They have an important place in the training of young players so the periodic evaluation of their level remains a priority task of the coach and specialists who deal with young footballers.

Materials and methods

We used the test to assess the level Hegzagonal's Coordination Skills in a group of 18 football players aged 15-16 years. The test consists of outside and inside jumping in a hegzagon with a 66 cm ribs. As it is described in fig 1. They made three jumping laps with the athlete that stands between the hegzagon and starts to jump out from page B and finishing a lap at point A. It is recorded the performing time of the three laps without stopping. The test is done on the football field with soccer shoes. The test is repeated after 5 minutes. There are registered two times and then it is chosen the best time and is compared with Arnaut's comparative table (1984) (1). At the same time we have calculated in % the time improvement of the first and the second test.

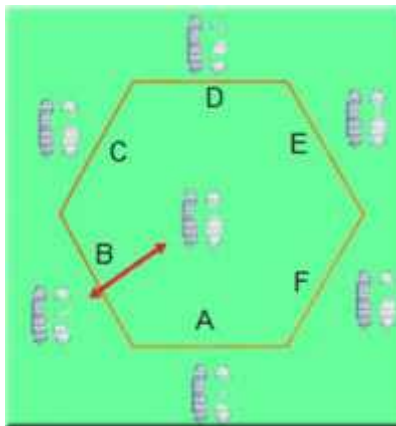


Figure 1

These are the results:

Football player	Test 1	Test 2	Improvement %	Evaluation
B.F	17.56	15.02	14.5	average
I.B.	18.31	15.85	13.5	below average
R.A.	17.94	14.74	18	average
E.P.	15.28	13.03	14.8	Over average
A.M.	18.88	16.63	12	Below average
Z.M.	15.47	13.19	14.8	Over average
P.B.	16.95	15.5	8.6	average
M.D.	15	14.09	7.1	average
E.B	16.02	15.45	3.6	average
M.B.	17.52	16.92	3.5	Below average
D.T.	16	15.47	3.3	average
I.F.	18.52	13.72	26	average
D.K.	17.66	16	9.4	Below average
B.M.	17.35	16.45	5.2	Below average
I.S.	16.55	16.25	1.9	Below average
F.SH.	17.6	16.55	6	Below average
E.K.	17.02	15.08	11.4	average
E.A.	16.72	15.9	5	Below average

Below is a comparative table in treated by Arnaut (1984) (1).

Table 2

Sex	Excellent	Over average	average	Below average	weak
Males	<11.2 secs	11.2 - 13.3 secs	13.4 - 15.5 secs	15.6 - 17.8 secs	>17.8 secs
Females	<12.2 secs	12.2 - 15.3 secs	15.4 - 18.5 secs	18.6 - 21.8 secs	>21.8 secs

Discussing results

It is noticed that from the 18 players that are tested only two of them are over the average, 8 of them are on average and 8 others are below average level.

According to our evaluation, based on this comparison, it results that the majority of this tested contingent is on the average or below average level. Expressed in% we are at the level where 89% of the group is not in satisfying levels. On the other hand it is noticed that 8 of the players have improved more than 10% from the first test into the second, while the rest is below this level. A sit was the first time that this contingent performed this test thinks that the ability to improve from one test to another can be evaluated as the acquiring capacity of the test technique and indirectly taken as an indication of adaptation to the new exercise.

Conclusions

1. Contingent Levels that are included in hexagonal test is not satisfactory. This may be the result of not knowing the test but based on results it is noticed a general condition not very positive in this test.
2. Although it is not a specific test for coordination skills in football, we think that this test, the simplicity of the performance can be used as a form of evaluation in coordination skills for young people.

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