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COMPARISON OF MORPHOLOGICAL CHARACTERISTICS AND SPECIFIC MOTOR OF JUNIOR SOCCER PLAYERS IN TWO PERIODS

Introduction

Numerous researches (Verheijen, R 1997; Hoff,J 2005,) have shown that modern football is characterized by a dynamic higher than in the past decades as a result of the advancement of training processes has resulted in morphological changes and specific motor performances in favor of the current players from those decades earlier.

Gunnar, G. & Bizans, G. (2008) the importance of standardized testing technical skills and motor skills in different age players. Frank le Gall, F., Carling, C., Williams, M., & Reilly, T. (2010). These results Suggest That Anthropometric and Fitness Assessments of elite soccer players Youth Can play a part in determining the chances of proceeding to their Higher Achievement levels.

Molnar, Popović of Smajic (2009) compared the morphological characteristics in intervals of 10 years of the two generations in 1997 and 2007 soccer players of age 10 participating soccer school. Are certified morphological differences in favor of the new generation in 8 anthropometric variables.

The purpose of this paper is to compare the number of morphological characteristics and specific motor between players Junior (U-19) in two time periods in 2004 and 2014. The purpose of the paper was also to prove if we have positive developments in the researched areas in favor of Junior soccer players U19 2014 from the U19 junior soccer players a decade ago (2004).

Methods

The research was conducted on a sample of 100 young soccer players (U-19 League first Kosovo) divided into two groups:

The first group comprised of 50 players U-19 to the five best clubs in 2003/04 season and the second group of 50 players U-19 also five best clubs 2013/14 season. In the two generations of players were conducted measurements of morphological characteristics and specific motor.

The sample contains 6 anthropometric variables, (AWEIGHT, AHEIGHT, ACHEC, APBELLY, APTHIGH, ATHIGHBONE) eight specific motor variables; (M-JUMP, MR10m, MR30m, MR5x10m, MR300m, T-JUGGL, T-DRSLLA, T-PASI).

To validate the differences between U-19 players two generations is used the method T-Test.

Results

The results obtained have shown statistically significant differences in favor of players U19, 2013/14 generation to generation U-19, 2003/04 in two storage areas; anthropometric (in variables ACHEC-chest circumference, APBELLY-waist) and specific motor (in variables MR10m-"reaction speed", M-R30m- "basic speed", M-R300m "shuttle running Tempo- Test", M-DRSLLA-slalom dribble the ball, M-PASI-precision technique of dynamic passing the ball.

Table 1. T-test for each anthropometric variables

	Group	N	Mean	Std. Deviation	Sig. (2-tailed)
	Group Statistics				
AWEIGHT	2004 (U19)	50	68.5600	4.65946	.506
	2014 (U19)	50	67.8160	6.36465	
AHEIGHT	2004 (U19)	50	1778.7800	50.44912	.505
	2014 (U19)	50	1771.3800	59.82624	
ACHEC	2004 (U19)	50	857.6600	30.99349	**.000**
	2014 (U19)	50	898.1800	39.50339	
APBELLY	2004 (U19)	50	748.2400	30.77738	**.000**
	2014 (U19)	50	782.0800	38.87596	
APTHIGH	2004 (U19)	50	533.4600	27.07451	.638
	2014 (U19)	50	530.7800	29.69044	
ATHIGHBONE	2004 (U19)	50	353.8800	19.84495	.166
	2014 (U19)	50	359.4600	20.11417	

The results obtained have the shown very small changes in all anthropometric parameters between the two generations junior players, but changes statistically Significant Differences in favor of players U19, 2013/14 Generation to Generation U-19, 2003/04 in Areas Anthropometric (in ACHEC variable-Chest Circumference, APBELLY-waist), which gives to understand that in the last decade the program contents with players over the age of 16 are applied specific programs of force exercises that have resulted in the development of part of the body trunk.

Table 2. T-test for each specific motor variables

	Group	N	Mean	Std. Deviation	Sig. (2-tailed)
	Group Statistics				
M-JUMP	2004	50	237.0800	12.57928	.695
	2014	50	236.1000	12.34744	
MR10m	2004	50	1.9294	.07369	**.007**
	2014	50	1.8800	.10339	
MR30m	2004	50	4.5536	.17371	**.000**
	2014	50	4.3374	.14416	
MR5x10m	2004	50	11.9322	.46099	.361
	2014	50	12.0122	.40955	
MR300m	2004	50	61.1158	2.30623	**.000**
	2014	50	59.2792	1.96912	

T-JUGGL	2004	50	47.2000	31.36032	.605
	2014	50	49.9600	20.82675	
T-DRSLLA	2004	50	28.5740	1.85752	**.000**
	2014	50	26.1040	1.66173	
T-PASI	2004	50	12.7212	.88781	**.000**
	2014	50	11.7252	.53837	

The results obtained have shown statistically significant differences in favor of players U19, 2013/14 generation to generation U-19, 2003/04 in specific motor (in variables MR10m-"reaction speed", M-R30m- "basic speed", M-R300m "shuttle running Tempo- Test", M-DRSLLA-slalom dribble the ball, M-PASI-precision technique of dynamic passing the ball, very small differences, but not statistically significant, there have been other variables specific motor.The results show us that generation of soccer junior players (U19) 2014 are free and quick on the ball, compared with junior players (U19) 2014.

Discussion

Research in both periods was made by the author of the paper (Sermaxhaj, S. 2004 and 2014) with the same testing methodology and sample selected in the same manner and the results obtained show atropometric changes in the upper body in favour of generation U19 junior players in 2014 to those in 2014 (in variable ACHEC-Chest Circumference, APBELLY-waist), which can assume that these changes have come about as a result of the application of the content specifically stated strength exercises that in the last deace we see an individual attendance increased fitness centers by soccer junior players (U19).

These changes are in favor of players U-19, 2014 generation to generation in 2004 hypothetically can justify as a result of vocational education framework coaches and completion of program content with additional exercises fitness to young soccer players. Development of upper body parts can assume that have had a positive reflection on improving motor skills namely speed with and without the ball (in variable MR10m- "reaction speed", M-R30m- "basic speed", M-R300m "shuttle running Tempo- Test ", M-DRSLLA-slalom Dribble the ball, M-UPON-precision Technique of dynamic passing the ball), in favor of junior players U19-generation 2014 as compared to the generation U19 soccer players 2004.

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Key Words: *junior footballer, morphology, specific motor, comparing*