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THE DIFFERENCE IN ANTHROPOMETRIC CHARACTERISTICS, MOTOR AND TECHNICAL SKILLS AMONG SUCCESSFUL SOCCER PLAYERS TO THOSE LESS SUCCESSFUL

Introduction

Impact of specific motor and cognitive dimension to the success of the game of football youth aged 16-18 years has researched Petrić (1994) which among other things has proven that most influence variables in predicting criterion has been precision factor hitting the ball.

The primary goal of this research has been the assertion of differences in anthropometric parameters, motor and technical demonstration between players and successful and less successful ones.

Secondary purpose of this paper has been the assertion of anthropometric status, motor and technical skills of U-17 young players of Pristina which all the investigated spaces.

Methods

The research was applied to a sample of 60 players U-17 (6 clubs Pristina region that have become regular racing season 2013/14) divided into two groups: The first group comprised 20 players U-17 both teams first (Kf. Ramiz Sadiku, Kf. Flamurtari) and second group 40 U-17 player of the four other teams (Kf. MK, FC Prishtina, ACD-IFA, KF. Beslidhja). Each club is represented with 10 players better. To all the soccer players were conducted anthropometric measurements, motor and technical demonstration.

The sample contains 12 anthropometric variables, (AWEIGHT-body weight, , AHEIGHT-body height, AUAC- Upper arm circumference, ACHEC-chest circumference, APBELLY-waist, APTHIGH-thigh circumference, ATHIGHBONE- calf circumference, AUASFT - upper arm skinfold thickness, ABSFT – back skinfold thickness, AASFT - abdominal skinfold thickness, ATHSFT-thing skinfold thickness, ATHBSFT-mm thing bone skinfold thickness), four motor variables; (M-JUMP length from the place, MR10m-"sprint test" Start by 10m high, M-R30m- "sprint test" by senior fast start, M-R5x10m "shuttle running sprint Test"), and five technique variables (T-JUGGL ball juggling techniques, T-DRSLLA-slalom dribble the ball, T-PASI-

precision technique of dynamic passing the ball, T-KROS-precision technique to cross the ball, T-SHOOT-precision technique of ball busting at the gate).

Processing of results is refined SPPS statistical program with appropriate statistical methods:X-mid arithmetic, Ds - standard deviation, maximum score Max, Min-minimum score, und T-Test method.

Results

Table 1. *T-test for each anthropometric variables*

	group	N	Mean	Std. Deviation	Sig. (2-tailed)
			Group Statistics		
AWEIGHT	1	20	64.1400	5.45242	.436
	2	40	65.6175	7.47395	
AHEIGHT	1	20	1748.4000	47.70016	.250
	2	40	1769.5250	73.78972	
AUAC	1	20	260.5000	14.81642	.895
	2	40	259.7750	22.03434	
ACHEC	1	20	883.8000	30.94749	.842
	2	40	881.7000	41.43528	
APBELLY	1	20	769.2000	39.45497	.908
	2	40	767.9250	40.71627	
APTHIGH	1	20	511.7500	18.93722	.387
	2	40	519.7250	38.50940	
ATHIGH-BONE	1	20	353.4000	19.20088	.208
	2	40	364.3500	35.89768	
AUASFT	1	20	78.2000	22.34561	.198
	2	40	96.9000	61.95110	
ABSFT	1	20	74.3000	13.31837	.760
	2	40	75.7000	18.01168	
AASFT	1	20	83.8000	26.50839	.906
	2	40	82.9000	28.24417	
ATHSFT	1	20	88.8000	36.90899	.961
	2	40	88.3750	29.14305	
ATHBSFT	1	20	83.9000	21.44737	.487
	2	40	88.1250	22.37236	

In Table 1, through the T-test method are not proven statistically significant differences in any anthropometric variables between the first group (Successful players) to the second group (less Successful players). The results obtained show us that in the anthropometric space aren`t differences among successful players from those less successful that mean that research is homogeneous samples selected.

Table 2. *T-test for each specific motor variables*

	Group	N	Mean	Std. Deviation	Sig. (2-tailed)
			Group Statistics		
M-JUMP	1	20	228.8000	13.45793	.116
	2	40	222.2500	15.68561	
M-R10m	1	20	1.8905	.10262	.093
	2	40	1.9392	.10511	
M-R30m	1	20	4.4465	.20090	.818
	2	40	4.4347	.17736	
M-R5x10m	1	20	11.9565	.41994	**.000**
	2	40	12.5492	.60976	
T-JUGGL	1	20	27.5000	3.98021	.184
	2	40	25.9250	4.41668	
T-DRSLLA	1	20	28.0060	3.00304	.525
	2	40	27.5702	2.19669	
T-PASI	1	20	4.6000	1.23117	.445
	2	40	4.3750	.97895	
T-KROS	1	20	2.6500	.87509	.115
	2	40	2.1750	1.17424	
T-SHOOT	1	20	3.1000	.71818	**.000**
	2	40	1.6500	1.05125	

To prove spaces investigates differences between players of both groups used the T-Test methods. Results obtained through the method of T-Test show us that statistically significant differences in favor of the first group (successful players) to the second group (less successful players) had agility ("shuttle running sprint Test" M-R5x10m) and precision shooting (T-SHOOT)., small difference but not statistically significant, are seen in all variables in favor of the players be successful against those less successful.

Discussion

Other researchers have also put special emphasis on agility as an outspoken skills in the success of players (Figuerido und co author. 2009) and the precision of striking the ball with the foot as a coordinative skills very important in the game of football Finnoff et al. 2002). (Bjelica, D. 2008). With the method T-test of this research slightly higher (-2.92), it can be concluded that there exist a significant difference in favor of the variable between the results obtained by kicks performed by favored leg in the state of fatigue in relation to the kick performed by unfavored leg in the state of rest.

Verheijen, R (1997), prefers testing conditional performances (started speed 10m, inordinate 30m, agjilitetin 5x10m) of players who have a special significance for pro-gramming and training processes are simultaneously a motivation tool for improving the performances conditional. In this research we have no differences between successful players to those less successful anthropometric parameter, which means that the research sample was selected and homogeneous, whereas statistically significant differences in

favor of the successful players are shown only in to two motor space variables (M-R5x10m agility, and precision shooting T-SHOOT)., which may conclude that agility and precision strike are relevant determinant in distinguishing high level players.

Therefore we can suggest that agility and precision ball kick taken a special place in the training process with young soccer players because they are a special significance in the difference of the level of successful players from those less successful.

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Keywords: *young soccer players, agility, precision of shooting.*