

## QUALITATIVE CHANGES OF BASIC MOTOR ABILITIES AFTER COMPLETING A SIX-WEEK TRAINING PROGRAMME

### **Abstract**

*The research was conducted on 120 young football players aged 15 from the following football clubs: Sutjeska FC, Čelik FC, Polet Stars FC and Nikšić YFC, all from town Nikšić. They were tested by 21 motor tests for estimating 7 hypothetical motor abilities. After completing a six week training process (an experimental activity) using the factor analysis the qualitative changes have been established. In the initial state 4 latent dimensions are identified: power, endurance, speed of movement and coordination. In the final state as well are identified 5 latent dimensions: power, agility, flexibility, endurance, and speed of movement. The positive qualitative changes are certainly the result of professional performance of the tasks that the experimental programme provides.*

**Keywords:** motor tests, experimental programme, football players, cadets- U15, factor analysis

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