

## LEVEL AND CONDITIONS OF GLOBAL MOTOR COORDINATION AND JUMPING ABILITIES AMONG POLISH AND GERMAN NATIONAL TEAM WATER-POLO PLAYERS

### **Abstract**

*Water polo is considered a complex sport discipline as far as motor coordination is concerned. Players are required to have a high level of fitness and many coordination abilities. Among fitness abilities there are strength, velocity and endurance, which are the basics of tactical actions and techniques. A general overview of motor abilities requires considering different coordination abilities, which level and conditions have not been researched completely. The potential of coordination is manifested in every movement, and it determines players' possibilities assigning their present condition of fitness workout. Therefore, it is justified to undertake research of various aspects of motor coordination. The objective of the research was to determine the level and dependence of the selected coordination and jumping abilities among advanced water-polo players of different age groups: 11 cadets, 11 juniors, 13 seniors (Polish national team), 10 seniors (German champions). The authors used W. Starosta global coordination and jumping tests [1978a, 1978b, 2003, 2006] in order to establish the level of motor coordination and jumping abilities. On the basis of the gathered material it was observed that juniors had the highest level of the selected coordination and jumping abilities. There were no significant relationships between motor coordination and jumping abilities. Besides, it was established that there were no significant relationships among the results of motor coordination and jumping abilities and somatic indexes. Having tested motor coordination, it was proved that left turns are the dominant ones among the majority of water-polo players.*

**Key words:** *coordination, jumping, tests, water polo, cadets, juniors, seniors, national teams*

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