

VSF-TEST AND CONDITION OF FUNCTIONAL ABILITIES AT FOOTBALL PLAYERS OF PIONEER, CADET AND JUNIOR SELECTION

Summary

The aim of this research was examination of aerobic ability with the football players of pioneer, cadet and junior selection of FC "Čelik" from Zenica as well as identification of BMI (body mass index). After the end of the last match in the autumn part of championship in 2006, a number of 66 football players, (aged 13-14, 15-16 and 17), who were the members of the first-league clubs, were tested. The multiple-degree fitness test, as a simple way of measuring aerobic fitness, has been applied. The aerobic fitness is an important component in most of sports. The sports people who actively do their sport, their coaches who teach them in that sport as well as the ones who do exercises to improve their health and their health conditions in general are equally interested to control their progress and this particular Multi-degree fitness test is designed to be applied to this kind of individuals. According to the results, the test confirmed the expectations although it is necessary to be validated additionally in order to make it applicable to other samples or sport activities.

Key words: *football, expected oxygen intake*