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Physical and Physiological Characteristics of Young Soccer Players in Republic of Macedonia

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Abstract : Introduction: A number of positive effects on the player's physical status, including the body mass components are attributed to training process. As young soccer players grow up qualitative and quantitative changes appear and contribute to better performance. Player's anthropometric and physiologic characteristics are recognized as important determinants of performance. Material: A sample of 52 soccer players with an age span from 9 to 14 years were divided in two groups differentiated by age. The younger group consisted of 25 boys under 11 years (mean age 10.2) and second group consisted of 27 boys with mean age 12.64. Method: The set of basic anthropometric parameters was analyzed: height, weight, BMI (Body Mass Index) and body mass components. Maximal oxygen uptake was tested using the treadmill protocol by Brus. Results: The group aged under 11 years showed the following anthropometric and physiological features: average height= 143.39cm, average weight= 44.27 kg; BMI= 18.77; Err = 5.04; Hb= 13.78 g/l; VO2=37.72 mlO2/kg. Average values of analyzed parameters were as follows: height was 163.7 cm; weight= 56.3 kg; BMI = 19.6; VO2= 39.52 ml/kg; Err=5.01; Hb=14.3g/l for the participants aged 12 to14 years. Conclusion: Physiological parameters (maximal oxygen uptake, erythrocytes and Hb) were insignificantly higher in the older group compared to the younger group. There were no statistically significant differences between analyzed anthropometric parameters among the two groups except for the basic measurements (height and weight).

Keywords : body composition, young soccer players, BMI, physical status
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