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Reproducibility of repeat dribbling ability

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REPRODUCIBILITY OF REPEATED DRIBBLING ABILITY

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KEYWORDS: Youth soccer; technical skills; short-term effort; field-testing.

Many actions in soccer involve repeated short sprinting and dribbling with changes of direction (Bloomfield, 2007). Dribbling can be categorized into dribble actions while accelerating and dribble actions with quick changes of direction (Huijgen et al., 2010). Regardless of position, in soccer, the performance of dribbling speed is a characteristic of its players (Reilly et al., 2000). Thus, the technical ability of dribbling at high speed is essential (Huijgen et al., 2010). Previous research has indicated that the best players distinguish themselves by their running speed while dribbling the ball (Malina et al., 2004; Reilly et al., 2000; Vaeyens et al., 2006).

The purpose of this study was to develop a repeated dribbling ability (RDA) test for young soccer players. The sample consisted of 25 young male soccer players (16.01±1.74 years) who were measured in RDA protocol within the following age groups and according to the structure of Portuguese youth soccer. Technical error of measurement (TEM) was calculated using the formula proposed by Mueller and Martorell (1988) and was 2.78 s and 2.48 s respectively for total and ideal time. Correspondent reliability coefficients were 0.83 and 0.85, which means that inter-individual variability comprises 17% of intra-individual variability for the total time, and 15% for the ideal time. Percentage of variance [(TEM/overall mean) x 100] was 4.07% for total time and 3.89 for ideal time. Overall mean corresponds to total mean from cases assed in time moment 1 and in time moment 2.

Analysis of RDA reproducibility confirmed the future usefulness of the test. RDA might be a useful test to assess young soccer players from beginners to older players.

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