

## **Abstract**

**Title:** A comparison of Change of direction speed and reactive agility in football

**Objectives:** The aim of the thesis is to determine the level of skill of football players in agility and change of direction speed. Also to find out whether these two abilities correlate with each other, if the best players in agility also achieve the best results in tests focused mainly on change of direction speed and which components distinguish these two abilities from each other.

**Method:** By using metaanalysis we first define the parameters of individual performance in football, its requirements and needs at the present time, the importance of change of direction speed and agility for football performance. At the same time, we will determine the differences between the environment and preparation of football players in the Czech republic and abroad. I would like to describe here the components and sub-components of performance in agility and finally introduce the differences between tests focused on change of direction speed and reactive agility.

**Key words:** Agility, football, change of direction speed, reactive agility