

CORRELATION OF MOTOR ABILITIES AND BODY CHARACTERISTICS OF YOUNG FEMALE CATEGORIES WITH PERFORMANCE IN INDIVIDUAL DISCIPLINES IN ALPINE SKIING

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SUBJECT

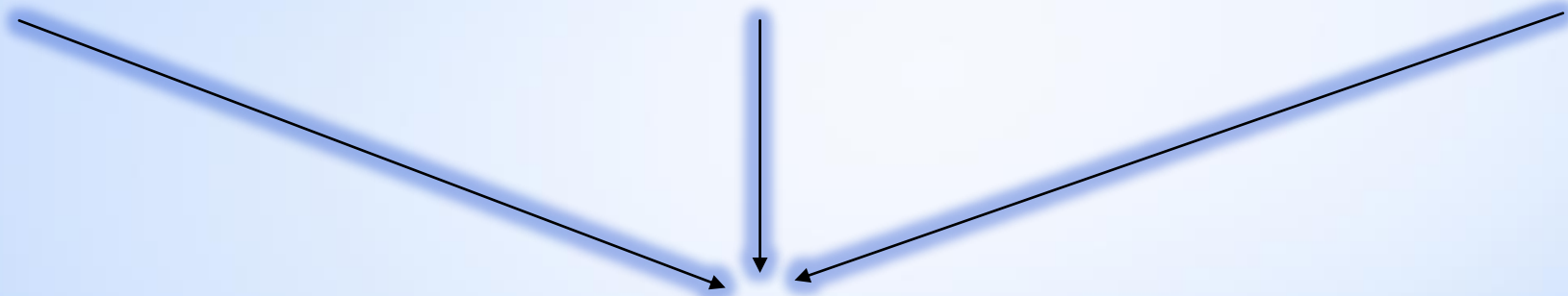
- alpine skiing, category U16 (age 15 & 16); 28 female racers
- competition VN Nordica Dobermann: **slalom, giant slalom, super-giant slalom**
- measurements at the Faculty of sports - battery of tests; 9 motor abilities, 4 body characteristics
- "Dry" training and training on snow
- exercise planning and implementation
- sensitive period of development

PROBLEM

SLALOM

GIANT SLALOM

SUPER-GIANT SLALOM



- how / to what extent do motor abilities affect competitive performance?
- how / to what extent do body characteristics affect competitive performance?
- how / to what extent does the whole model of motor abilities and body characteristics affect competitive performance?

METHODS

- 28 competitors - girls
- 19 ski clubs, all 4 Slovenian regions
- ski season 2018/19
- RACES: 3 slalom, 3 giant slalom, 2 super-giant slalom
- correlation analysis with individual disciplines
- linear regression analysis

RESULTS

Correlations

	slalom	giant slalom	super-giant slalom
ten-jump test	$r = 0,49$	$r = 0,60$	$r = 0,56$
running 400 m	$r = -0,49$	$r = -0,55$	$r = -0,62$
agility	$r = -0,37$	-	$r = -0,43$
max running speed	-	$r = 0,37$	-
pull-ups	$r = 0,38$	$r = 0,43$	$r = 0,39$
stabilization	-	$r = 0,37$	-
body height	$r = 0,53$	$r = 0,46$	$r = 0,46$

Linear regression analysis

	slalom	giant slalom	super-giant slalom
body characteristics	$R^2 = 0,25$	-	$R^2 = 0,23$

CONCLUSION

- rejection of most hypotheses; small sample
- differences in development are greatest during this period
- test battery update; introduction of general and special tests
- "Hidden" performance factors
- ski knowledge tests
- systematic training planning

THANK YOU FOR YOUR ATTENTION!

