

Anthropometric characteristics of Chilean youth soccer player sub 14, sub 15 and sub 16 [Características antropométricas de futbolistas chilenos juveniles sub 14, sub 15 y sub 16]

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Soccer is the most practiced sport in the world. This popularity is since practically anyone can play it amateurishly, but as it becomes professionalized it requires the valuation of an anthropometric profile that favors a certain role within the playing field. The objective of the study was to compare the anthropometric characteristics of Chilean youth soccer players sub 14, sub 15 and sub 16 according to the game position and category. The number of individuals evaluated in this study was 180 male youth players in the sub 14 categories (n = 60), sub 15 (n = 58) and sub 16 (n = 62), belonging to the lower divisions of the soccer clubs: Audax Italiano (n = 62), Cobresal (n = 57) and Magallanes (n = 61) from the Metropolitan Region. The sample was chosen for convenience and consists of the total of players belonging to these three categories and these three soccer teams. These players had an average training of 4 days a week with a duration of each practice session of 120 minutes, plus a match on weekends with a duration of 90 minutes. There were significant differences in all of them between different game positions. We can emphasize that the central defenses presented the greatest statistical differences in all the lengths corresponding to the lower limbs: iliospinal height (97.6 ± 3.6), trochanteric height (92.1 ± 3.3), trochanteric-tibial lateral length (45.2 ± 1.7), lateral tibial height (46.3 ± 1.8) and medialmalleolar medial tibial length (38.7 ± 2.0), whereas the archers had them in the lengths of the train superior: acromio-radial (33.0 ± 1.6), radial-styloid (27.8 ± 1.7) and styloid-dactyly medium (20.2 ± 1.0). It was also found that there are significant differences in weight among players of different categories, with those of sub 16 having the highest weight (65.7 ± 7.4) and those of sub 14 the lowest (58.7 ± 8.1). At the same time, it is

shown how there are statistical differences in the size between the sub 14 division who obtained the lowest measurement on average and the other 2 series confronted, but not so between sub 15 and sub 16, the latter being those who had the highest stature on average. It is also shown as the percentage of fat mass, ranging between 24.2 % of the sub 15 division in its lower limit, and 25.2 % of the sub 14 in its upper limit being all considered as "acceptable" and without statistical significance between any categories. Statistical differences were found between the sub 14 category and the sub 16 category in all body lengths except in the radial-styloid. It is also shown that there are significant differences between the sub 14 and sub 15 in the lengths: acromio-radial and trochanteric-lateral tibial and in the heights: ilio-spinal, trochanteric and lateral tibial. This is directly related to the lower average stature they present in the sub-division 14. In turn, no statistical significance was found at any length between sub-15 and sub-16 players. Likewise, statistical differences were found in the weight, height, and weight of: skin, fat, bone mass, muscle, residual mass and in all body lengths less than radial-styloid among players of different categories. The results show the importance of dividing the young players in a greater number of positional roles when defining the ideal anthropometric characteristics according to their location in the field of play. The differences found in the body composition between categories suggest paying attention to the development of maturity when promoting a player to a larger division. © 2019 Centro Interamericano de Investigaciones Psicológicas y Ciencias Afines.

Anthropometry

Body composition

Field position

Youth soccer