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PSYCHOMOTOR ABILITIES OF AMERICAN FOOTBALL PLAYERS FROM ROCKETS RZESZÓW

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Introduction. American football is a sport with the ability to quickly and accurately anticipate an opponent's movements on the football field [1, 2]. Thus, reaction and movement time can be critical attributes for the player. The ability to read the opposing team's tactical maneuvers and provide an appropriate response for team necessitates exceptional perceptiveness and the capacity to anticipate during the game [30]. It is also worth noting that American football players who possess highly developed psychomotor abilities are often those who exert the most influence over the dynamics of the game on the field [4]. In contrast to other team sports, American football assigns a specific task to each player during a game. As such, each player must execute their designated responsibility with maximum efficiency and speed, whether it involves receiving the ball, blocking an opponent, or performing a deceptive action to mislead the opposition [3].

Goal. The main aim of the paper is to assess the level of psychomotor abilities of American football players from Rockets Rzeszów Sport Club during 2023/2024 season.

Methods. A group of 27 male American football players from the Rockets Rzeszów Sport Club between 18–32 years old was investigated. The research method was computerised psychomotor tests of the Test2Drive System. Six tests were used to measure indicators of psychomotor abilities: Simple Reaction Time (SIRT), Choice Reaction Time (CHORT), Eye-hand coordination test (HECOR), Spatial Anticipation test (SPANT), Perception and attention test (PUT), Anticipation test (PAMT)

Results. The results indicate that none of the athletes had a low level of simple reaction time. Four athletes demonstrated a reduced simple reaction time, twelve athletes performed at an average level, and eleven athletes achieved scores above the average. In contrast, the entire American football team exhibited above-average movement time result. Moreover, in the assessment of eye-hand coordination test, no athlete achieved within the low range. Five athletes had reduced or average levels, while seventeen athletes achieved above average in terms of eye-hand coordination time.

Discussion and conclusions. The study revealed no statistically significant differences in reaction time and movement time relative to the specific formation in which the American football players were trained.

Key words. American football players, reaction time, anticipation, eye-hand coordination

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