Abstract

**Title:** Compensatory exercise as a complement to the training schedule for children of younger school age in figure skating

**Objectives:** The main objective of this work is to identify the most frequently occurring muscular dysbalance in the studied group of younger school-age figure skaters. Therefore, in order to find out the fundamental deficiencies, we used simple tests and based on the deficiencies, we created a buffer of compensatory exercises. We will verify the results using the same tests as at the beginning of the initial measurement after the three-month preparatory period.

**Methods:** In my work I used a functional muscular test to assess the flexibility and examination of a physiotherapist with the help of the MFK system. We do not only measure the muscular strength of the main muscle in individual tests, but we also investigate and analyze the performance of the whole movement. Testing was attended by five figure skaters in the younger school age.

**Results:** Initial testing took place at the start of the preparatory period. A 3-month compensation program was then applied and after the test, the probands were again tested to determine the effect. The results of this work are described in the tables. The result of this work is that the most problematic parts were the abdominal, back muscles and muscles of the lower limbs.

**Keywords:** Figure skating, training, compensatory exercise, muscle test