

Abstract

Title: Use of compensatory exercises for footballers in the youth sports center

Objectives: The aim of the work is to identify the most common muscle imbalances and to create a compensation program for football players in the category of younger students U12 and U13 in the youth sports center.

Methods: The research was based on the diagnosis of players using test exercises, which focused on the occurrence of muscle imbalances and erroneous movement stereotypes according to Bursová (2005), Hošková & Matoušová (2007) and Bursová et al. (2003). Detection was provided by selected functional muscle tests, which were applied in the input and output measurements. Correct performance of the exercise was evaluated as number 1. Incorrect performance was evaluated as number 2. After the initial measurement and evaluation of the degree of muscle imbalances, a compensation program was designed, whose primary task was to eliminate or alleviate muscle imbalances of individual players. The final measurement was used to verify the effectiveness of the compiled compensation program. A one - sample nonparametric Wilcoxon test was used in the work, the task of which was to confirm the validity of the used tests.

Results: Due to the fact that the results of selected probands improved in most of the test exercises within the output measurement, the proposed compensation program was found to be effective.

Keywords: football, compensatory exercises, muscle imbalance, fitness exercises, stretching exercises, compensation programs, youth sports center