

## **Abstract**

**Title:** Influencing motor skills in football training with regard to injury prevention

**Objectives:** The main objective is to analyze appropriate methods to reduce the risk of football injuries in individuals who are in their early adulthood, between 20-30 years of age, when their motor performance peaks. Furthermore, the aim of this work is to recommend the best methods and dosage of training to achieve sufficient effectiveness and at the same time prevent injuries that arise due to muscle imbalances and overload of individual muscle parts, as well as studying scientific and expert publications focusing on movement preconditions and the issue of the relationship between fitness and injury prevention.

**Methods:** In this work, the method of literary research was chosen in the form of studying and drawing conclusions from individual sports studies from Czech, but mainly English expert publications. Many information sources were used to obtain data, mainly expert literature and books on sports topics concentrated in the National Digital Library of the Czech Republic. Furthermore, the Portal of Electronic Resources of Charles University, especially PubMed and SPORTDiscus were used. Keywords such as football, injuries, movement prerequisites, prevention, cause of injury and condition were used to search for data for this work.

**Results:** The result of this bachelor's thesis is a summary of general findings about movement assumptions with emphasis on the issue of injuries in sports, specifically in football. At the same time, it was a matter of using existing knowledge on how to proceed as effectively as possible and what methods to use in fitness training. The fact that injuries in football are mostly caused by contact with an opponent or the ball, as well as contactlessly due to low fitness, which results in faster onset of fatigue resulting in deterioration of movement technique and increased probability of muscle injuries is based on literature search, especially foreign data.

**Key words:** football, injuries, movement preconditions, prevention, cause of injury, condition