

Abstract

Title: Determining the frequency of ankle injuries in performance volleyball players.

Objective: The main goal of the bachelor thesis is to monitor the frequency of ankle injuries and their causes in volleyball players and to compare the frequency with other volleyball injuries.

Methods: The method of data collection will take the form of a questionnaire, where players will be required to fill in gender, age, number of ankle injuries and other important information that will help to write a bachelor's thesis.

Results: Based on the results of the research through questionnaires, it could make a positive contribution to the target group in the field of injury prevention and at the same time provide an objective view of the issue of ankle joint injuries.

Key words: Joint, injury, volleyball, jumps, transfers.