

## **Abstract**

**Title:** The issue of an injury in football players

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**Objectives:** The aim of this bachelor's thesis is to collect and process knowledge from professional and scientific articles or publications dealing with the issue with the help of literary research and to create a clear study on the issue of ACL injuries in football players based on the information obtained.

**Methods:** In order to collect data for the creation of a study dealing with the issue of ACL injuries in football, a literature search was created containing professional articles, studies and final theses of Czech, but especially foreign literature.

**Results:** The thesis is based on the research and the opinions of valid sources and its perception on the issue of ACL injuries in football. Within this search, 118 sources were studied, of which 21 Czech and 97 foreign literature. The final thesis showed that the ACL injury is the most common as well as the most complicated injury of the knee joint in football. This type of injury usually occurs on non-contact plays. The most significant limitations are age, anatomical and biomechanical properties, types of playing activities, previous ACL injuries or sex. Studies show that women have higher risk of ACL injuries. In terms of recurrence, the work includes possible types of ACL reconstruction and especially the topic of returning to football training process. The results show that the use of rehabilitation protocols shortens the time of the football player's return to competition. However, it is important to be aware of the frequency, external and internal factors to reduce possible complications for the return to the competition.

**Keywords:** Football (Soccer), injury, knee, literary research