

## ABSTRACT

**Title:** The compensational program for volleyball

**Main purpose:** Learning about volleyball, explanation of individual game activities. To inform about various possible problems and injuries by playing volleyball. Explanation why is the compensational training so important. Creating a model of compensational unit for volleyball players. Observation of muscular disbalances' changes on volleyball players and their evaluation.

**Methodology:** Empirik resharch koncipient as kvaziexperiment. This model was created based on 10 women volleyball players examination. There was the compensational program established under the circumstances of this examination. It is composed of relaxation, stretching and boosting training of the most affected muscular groups. The program has been applied for 6 months. The spine testing became the main method of the whole examination. It is composed of statik and dynamic part and the examination focused on shortening and flagging muscular groups.

**Results:** This thesis confirmed that there are particular muscular disbalances among women volleyball players, which could be adjusted by the compensational training. It is obvious that the compensational program influences the correct body control, shortening muscular groups stretching and flagging muscular groups strengthening.

**Key words:** Volleyball, age related curiousness, training unit, examination, compensational trainings