

Abstract

Title: Factors related to injuries in elite football players.

Objective: The aim of the study was to identify factors related to the most common injuries in football based on available professional literature, articles, and studies, summarize the latest findings in this area, and provide an overview of the prevention of these injuries.

Methods: This work was based on a systematic review of relevant literature, including both international and Czech books, scientific articles, and studies. Renowned databases such as Web of Science, Google Scholar, PubMed, GoogleBooks were used to find relevant sources. Key words and their synonyms were employed for efficient search of scientific articles, studies, and meta-analyses from which knowledge was drawn. Czech literature sources were also utilized to ensure a broad and balanced foundation of information.

Results: Within the bachelor's thesis focusing on the causes of injuries in elite football, detailed analyses and studies were conducted. The aim of the thesis was to identify and evaluate the main factors and mechanisms contributing to the occurrence of injuries in professional football players. The research showed that increased workload during training and matches is one of the main factors leading to injuries in football players. Intensive physical activity, frequent changes in direction, and rapid acceleration can overload muscles, joints, and ligaments, increasing the risk of injury. The analysis revealed that the most common injuries in football are muscle injuries, particularly muscle strains and sprains. Additionally, joint injuries, especially to the ankle and knee, and ligament injuries were also observed. The research also focused on preventive measures and strategies to reduce the risk of injuries in elite football. The importance of proper training, balanced workload, nutrition, and core muscle strengthening was emphasized.

Keywords: football, injuries, causes of injuries, injury prevention, load in football