

ABSTRACT

The bachelor thesis is focused on the use of plyometric exercises for badminton players. The theoretical part consists of two main parts. The first part is dedicated to the general characteristics of badminton, from its history to all the sport components represented. The second part characterizes plyometrics from historical, physiological and methodological perspectives. The objectives of the thesis include an analysis of the literature on plyometrics, a search for relevant studies on the use of plyometric exercises for badminton players and their summaries, a search for adequate plyometric exercises with a plyometric box on social media, and finally the compilation of a set of plyometric exercises with a box and on court. We achieved these objectives by researching the literature on badminton and plyometrics, entering keywords into an internet search to find expert studies, creating tables and graphs to provide an achieved sporting results, and were inspired to create a set of plyometric box exercises by the available literature and public posts on social media. Exercises with the box and on the court are also accompanied by photographs. The result of the work brings the claim that plyometric training has a positive effect on the dynamic strength of the lower limbs of badminton players and on their agility. According to the analysis of literature and foreign studies, we found that plyometric box exercises are not widely used or used to a small measure. Therefore, we have created a set of several different plyometric box exercises in which some elite athletes may be interested. The result of this work also provides a set of other plyometric exercises directly in badminton practice.

KEYWORDS

Badminton, plyometrics, dynamic strength, training, plyometric box