

## **Abstract**

The bachelor thesis focuses on dynamic stability in junior softball players and examines the possibilities of influencing it with interventions based on proprioceptive neuromuscular facilitation. The theoretical part of the work defines basic concepts, the practical part consists of a professional study. The female players of the selected sample were divided into experimental and control groups and their dynamic stability was measured by the Y-Balance test. The results were subsequently compared with the standardized deviation, which shows the limit of the risk of injury to the lower extremities. The measurements performed neither confirmed nor disproved whether it is possible to influence the dynamic stability of the lower limbs using proprioceptive neuromuscular facilitation.

