

ABSTRACT

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Name: Specific functional training for floorball players.

Aims: The aim of the thesis is to evaluate the effect of specific functional training program in floorball players, with the main focus on dynamic postural stability of the lower limbs.

Methods: Testing and data collection took place in the period from June to November 2024, in the gym of the floorball clubs. The specific functional training, which was developed by the medical and sports coaching staff of the UKK Institute Finland, includes running, balance, plyometric, strengthening and stretching exercises. This training was applied for 6 months, once a week, for about 20 minutes on the players of the experimental group – TJ Tatran Střešovice. The control group – players from FBC Liberec continued their normal training program. Dynamic stabilization of the lower limbs was investigated by means of Y-Balance Test. The principle of the test is standing on one lower limb, when the proband tries to reach as far as possible with the other lower limb without losing balance in 3 directions (anteriorly, posteromedially and posterolaterally). Y-Balance Test examinations were performed before and after the experimental research in both floorball clubs. Subsequently, the results were compared between the clubs. MS Excel 365 and Statistical R software were used for data analysis. The t-test was used to evaluate the results. The level of statistical significance was considered to be $\alpha=0,05$.

Results: Statistical evaluation of the measured results showed that specific functional training has an effect on dynamic postural stability of the lower limbs, with improved results in the Y-Balance Test.

Keywords: functional training, floorball, lower limb injuries, injury prevention, Y-Balance Test, physiotherapy