

Abstract

Title

Compensation exercises for elimination of muscles disharmonie at the football players U13

Objective

The aim of the graduation theses is testing of young football players. We compite a group of exercises for injuries prevention at the football.

Methods

Football players (U13) of SK Dynamo České Budějovice and SK Slavia Praha were tested for muscles disharmony. The test was based on the method of Janda (1996). The results were listed to the test.

Results

A designed group of exercises for injuries prevention at the football is acceptable for use in the elimination of muscles disharmonies.

Keywords

muscles disharmony, prevention of injuries, Unifit-test 6-60, football players