

Abstract:

- **Title:** Analysis of overhead throw by means of the surface electromyography.
- **Purposes:** To measure and describe selected muscles of player during softball overhead throw and find out on the basis of comparing single throws, if the technique of performance of closed player is stability.
- **Methods:** Surface electromyography and simple kinematics analysis.
- **Results:** On the basis of analysed results is possible to evaluate the technique of performance of player as stability.
- **Key words:** softball, overhead throw, surface electromyography, kinematics analysis