

Summary

- Title:** Use of compensatory aids balance exercises in athletic.
- Objective:** Create a container suitable Balance exercises and their variations with the use of aids to compensate for movement in athletics.
- Methods:** Analysis of the literature - the processing of information from available sources, the comparison has issued a publication in this sector.
Analysis of movement – analyses and create logic structure of movement.
- Results:** Proceedings of exercises with the methodological descriptions, and subsequent use in athletic practice, an example of exercise program.
- Key words:** Balance aids, compensatory training, mobility, coordination, postural system, athletics.