

Abstract

Title: Motion intervention as a means of prevention of football injuries

Objectives: The goal of this work has been to discover the rate of influence of preventive actions on the appearance of football injuries of the players of the youth team.

Methods: Non-standardized questionnaire including fifteen structured and unstructured items has been used for the completion of this paper. The goal has been to monitor the injury rate to football players in connection to the amount of preceding prevention.

Results: It has been established that the majority of players sustained more than one injury in the course of their career, and that notwithstanding their use of post-match regeneration.

Keywords: motion intervention – prevention – regeneration – fatigue - injury