

# **ABSTRACT**

## **TITLE**

Compensation program for volleyball players

## **OBJECTIVES**

The aim of this diploma thesis is to evaluate how much will volleyball players improve their sensomotor functions and symmetry of loading with both halves of the body after special program on balance desks. In comparison of other volleyball players, whose program was designed by their coaches. The other aim of this thesis was to find out a degree of a pain on a 0 to 10 pain scale and the feeling of the ankle instability before and after the six weeks intervention program.

## **METHODS**

The diploma thesis is a comparative study of the two control groups. In each group was 10 players from volleyball team CZU Prague.

The practical part is focused on a diagnosis of sensomotor index and also on a diagnosis of an symmetry index of loading on both halves of the body using diagnostical balance desk MFT S3 CHECK. Subsequently a compensation program was compiled, which contains a group fitness exercises on mechanical balance desks MFT-Trim Disk a MFT-Fit Disk. At the end of this practical part the efficiency of this program described above is evaluated in comparison of the fitness program suggested by coaches.

## **RESULTS**

Both hypothesis were confirmed. The volleyball players who underwent exercises on balance desks have significantly improved in a measured index of sensomotor index and symmetry index of loading on both halves in comparison of the other control group of volleyball players. The fitness program suggested by trainers did not have a sufficient effect on the improvement of the measured parameters. In some cases there were significant deteriorations.

## **KEYWORDS**

volleyball, balance desk, injury, ankle