

Abstrakt:

Title: Compensation programme for players national handball team

In my thesis I am researching the muscle imbalance of athletes focused especially on playing national handball. My aim is to determine what the muscle imbalances are in the junior team and then creation of a compensating program which should help to remove or decrease the muscle imbalance. Once I have the compensating program created I will apply it to practice. The compensating program was based on analysis of the most active muscles in the body of National handball player. This thesis should be used as a part of a complex training for National handball players and should have a positive impact on the asymmetric load and also prevent development of the muscle imbalance. My thesis is based on a research which was done in the gym of ZŠ and MŠ in Nýřany.

Keywords: national handball, testing, compensating program, muscle imbalance, stretching exercise, strengthening exercises