

## **ABSTRACT**

**Title of the thesis:** The intervention program for influencing balance skills of floorball and ice hockey players

**Aims of the thesis:** The main aim of this Bachelor thesis is to detect, whether a 2-months intervention program influences balance skills of body composition of floorball and ice-hockey players.

**Methodology:** : Research, where I observed a selected amount of floorball and ice-hockey players in the Men's age category 18+. The examination was conducted by a non-invasive method with footscen test and by measuring body composition. The measured values were compared against each other. Compensatory workouts were recommended to the players in the period between testing. At the same time, outputs were compared with control groups.

**Results:** During the 2-months intervention the research did not demonstrate significant changes at the majority of the static stands tests with floorball players. The research demonstrated significant changes in the tests FL-L with floorball players. With the ice hockey players, the research did not demonstrate significant changes in the test FL-L but there were significant changes in all other tests. In general, there appeared signs of improvement of body composition with floorball players, in conjunction with the interventional program.

**Key words:** postural stability, floorball, ice-hockey, balance skills, intervention