

ABSTRACT

Title: Influencing the negative effects of sports load in volleyball

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Aim: The aim of the bachelor thesis is on the basis of information obtained during the formation of work to choose the best method to create an outline of appropriate compensation exercises for volleyball players.

Methodology: Studying literature and other resources related to the chosen topic. Based on this analysis and comparison of data collected from various sources such as books, journals, lectures and websites, select the most appropriate regenerative and compensatory mechanisms for volleyball players.

Key words: Stress in sports, recovery, regeneration, compensatory exercise