

Abstract

Title of thesis:

Comparison to efficiency of recovery due to the change of speed and strenght indicators of women softbal players

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Objectives:

The aim is to compare the efficiency of recovery in two regeneration procedures to change the speed and power indicators in extra league softbal player wore a short-motor performance.

Methodology of work:

The object of the study was 14 extra league softball player wore for which we have found with two wellness services (sports massage, cold water) effect on their speed and power indicators before load after load after one of the above procedures

Types of motor test applied to the surveyed sample:

1.Linear sprint to 10 meters of semi-tall launch

Stress test applied to the surveyed sample:

1.Load model for isokinetic dynamometer to Humac Norm (power-muscle contraction)

The results:

The results of the motor and the load test, we found that the stress occurred in the analysis focused on the decrease of muscular strength, but on each regeneration procedures, a significant improvement in performance even if not on the original values.