

Abstract

Title: Application of compensation exercises in basketball

Objectives: The main objective of this thesis is to verify the effectiveness of the compensation practise on selected muscle group and selected basketball players.

Methods: In order to obtain the results the functional tests of the spine and testing of shortened muscle groups Janda (2004) were used, which were applied to a selected group of seven basketball player from two different teams. Measured values of shortened muscle groups - initial measurements (pretest) were compared with the results of the measured muscle groups (posttest) after less than three months of compensation program. Based on the results of the entrance test were designed tray compensatory exercises that players should adhere to within the specified regularity.

Results: We found out that after almost three months of compensation program the state of shortened and weakened muscle groups has improved significantly. All the results are recorded in the form of tables and graphs.

Keywords: Compensation exercises, basketball, muscle imbalance