

## **ABSTRACT**

**Title:** Impact on extra league floorball players of selected regeneration methods after training in summer preparation.

**Objective:** The goal of the bachelor thesis is to study and compare the regeneration methods of floorball players. To study the effect of sports massage, cold water regeneration and passive regeneration (relaxatin) on the lower back limb muscular pain (DOMS), the subjective perception of method and influence on muscle contraction.

**Methods:** A quantitative research in the form of quasi-experiment was followed by the effect of different regeneration methods on a set of 15 extralig floorball players. As a method of data collection, I used a questionnaire based on subjective assessment, as a visual analogue scale. He was dealt with proband before the very beginning of the test. I was also using the sit and reach test, which assessed shortening or extensions of the lower limb muscles. For my research, I chose the target group of 15 extra league players of the Ivanti Tigers floorball team aged 18-30.

**Results:** From the values I obtained from the questionnaire, it is cleaar that 67% of the respondents are the most pleasant sport massage. Fourteen proband, that it, 93,3% of them said that after 48 hours, the pain ranged between 0 and 1, which shows a high rate of pain relief. The result of the sit and reach test showed that the lower limb sports massage can affect it by an average of 2.5 centimeters.

**Keywords:** Sports massage, cold therapy, regeneration, floorball.