

## **Abstract**

**Title:** Compensatory exercise as a complement to the training schedule for children of younger school age in figure skating

**Objectives:** The main aim of this work is to highlight muscle dysbalance and their subsequent weakening and hypermobility in younger school age children in figure skating. Based on these weaknesses, create a stack of release, stretching and exercise exercises that can be used under any circumstances.

**Methods:** In my work, I used a Janda muscle test, an analytical method that was focused on determining the strength of each muscle group. In individual tests, we are not only measuring the muscular strength of the main muscle, but we also investigate and analyze the performance of the whole movement. I was based on qualitative and quantitative values.

**Results:** The measured data were compared and evaluated according to the literature. The impact of one-sided load in the long-term sports practice of figure skating was confirmed. It has also been shown that these exercises can be used for this particular set of probands to compensate for unilateral loading and adjust the training so that compensatory exercises are part of the training. Furthermore, I managed to design a program that would reduce these weaknesses for this selected group of probands.

**Keywords:** Figure skating, training, compensatory exercise, muscle test

