

Abstract

Title:

Effect of the warm-up method on the agility performance of rugby players

Objectives:

The thesis evaluated the effect of the warm-up type (static, dynamic, balance) on the agility performance of female rugby players and assessed which of these methods is best to apply prior to the activity.

Methods:

The tested sample was composed of ten players of the Czech Republic women's national rugby union team aged between 22 and 34. Each player underwent three measurements. Prior to the measurement, a different type of warm-up (static, dynamic, using balance aids) was chosen, followed by agility measurement using Illinois agility test and 505 agility tests.

Results:

In the measurement, hypotheses (hypothesis 1: after applying dynamic warm-up, players will achieve better agility performance than after static warm-up; hypothesis 2: after applying warm-up using balance aids, players will achieve better agility performance than static and dynamic warm-up). Hypothesis 1 was evaluated as true and hypothesis 2 was evaluated as partially true.

Keywords:

Rugby, agility, static warm-up, dynamic warm-up, warm-up using balance aids