

Abstract

Name: Gymnastic exercises as prevention of injuries in young soccer players

Objectives: The main goal of this work is to elaborate a proposal of the structure of gymnastic movement program based on compensatory exercises and motor-functional preparation, which could be used in the prevention of injuries in football players of pupil categories.

Methods: The work is made as a design and demonstration based on literary sources and own experience from practice. The documented overview and reasoned proposal of compensatory and gymnastic exercises for football players has its intention to result in wider practice.

Results: Examples of compensatory exercises and gymnastic exercises used in motor-functional preparation. Individual exercises are described in terms of their names, so that they are easy to apply in the training processes. Their importance in compensation of load and prevention against injuries and muscle imbalances is supported by citations of literary sources.

Key words: football, injuries, muscle imbalance, prevention, compensatory exercises