

Abstract

Title: Shortened muscle groups in footballers of older school age

Objectives: The aim of the thesis was to create and evaluate a compensation programme to relax and stretch selected muscle groups and muscles in footballers of older school age.

Methods: The thesis is based on the principles of the quantitative method, where the data were obtained by measuring selected muscle groups in ten trainees. The data were collected and evaluated by input and output measurements using a goniometer and according to a muscle test of Janda (1996). The programme was implemented mostly twice a week, always at the same time in the same place and under the same conditions. The program included five selected exercises.

Results: The results point to an improvement with six trainees, each of them showed just one grade in the area of one muscle group. Thus, the results show that the compensation programme was broadly successful, but there were no significant changes.

Keywords: football, youth, posture, muscle imbalance, compensation