

Abstract

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Title of the bachelor thesis: Proposal of an intervention program for the recovery of floorball players after a training load

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The year of presentation: 2020

Objectives: The aim of the work was primarily to create a design program for the recovery of floorball players after a training load. Furthermore, in my diploma thesis I deal with recommendations on how to best include various regenerative procedures in the training process of floorball players. The list of recommendations is directly related to the training process and could be beneficial for all coaches, not just floorball.

Keywords: floorball, regeneration, injury prevention