

Abstract

Title: Impact of unilateral load and its compensation of muscle imbalances in ice hockey in U14 and U15 of ice hockey players.

Objective: To create a stack of exercises and according to it to propose some variations of compensation programme for young hockey players based on the accessible knowledge of unilateral load in hockey and of compensatory exercises.

Tasks: One of the tasks of this bachelor thesis is to summarize and compare the knowledge that can be gained from domestic and foreign literature which deals with compensatory exercise while taking into consideration modern trends. Based on this research, another task is to create and draw up the unified compensation programme which includes exercises that can prevent or diminish muscle imbalances. Another task was to summarize general knowledge of muscle imbalances and compensation exercises.

Methods: Theoretical part of this theses uses descriptive-analytic method. Practical part is represented by comparative analysis of literature which deals with problematics of muscle imbalances in ice-hockey and compensatory exercises for compensating unilateral load, next he uses the method of proposal and demonstration.

Results: After analysing accessible literature, own attitude and experience after consulting experts in the field, the stack of exercise was created which was a base to proposal of various compensatory programmes which prevent or even diminish muscle imbalances which are according to researches and studies the most common ones among hockey players.

Key: Words: unilateral load, compensatory exercise, muscle imbalance