

## **Abstract**

**Title:** Compensatory exercises in ice hockey

**Objective:** The aim of this diploma thesis is to create battery of compensatory exercises suitable for ice hockey.

**Methodology:** It was used scientific method of observation – theoretical-empirical character. The results were measured by pre-intervention and post-intervention measurements. The results were compared with using a Cohen's coefficient  $d$ , an arithmetic mean and a percent.

**Results:** We have created the battery of compensatory exercises suitable for ice hockey players. This battery was created by studying the literature, consulting with coaches and physiotherapists and from personal experience. We were found differences in all tests comparing pre-intervention and post-intervention measurements, which indicate a tendency to qualitative shift.

**Key words:** ice hockey, muscle imbalances, compensatory exercises, unilateral load