

## **ABSTRACT**

**My dissertation's name is :** Development of handball goalkeepers joints movability focused on selected elements of their skill

**Aim :** The aim of my dissertation is to make and prove a model of development hip joint movability which is applied at the same time with practice and getting better of selected goalkeepers skill.

**Methods :** I used observation method for proper survey and record of goalkeepers' activity. In my case it was about observation during matches, also filled in with indirect observation from video records.

I needed to measure goalkeepers' hip joint movability and spine flexibility in my dissertation – I used measurement of distances and measurement of angles (goniometry).

I assessed goalkeepers' quantitative and quality locomotive faculties.

**Results :** On the basis of the acquired results we can see that goalkeepers improved their movability of hip joints and spine flexibility. They also improved their percentage successfulness in catching shoots during matches, on average, by 13%. They also improved their skill of goalkeeping but I expected that they would improve more.

**KEY WORDS :** handball, goalkeeper, joint movability, quantitative and quality assessment of locomotive faculties