

Abstract:

- **Title:** Evaluation of lacrosse throw by means of the surface electromyography.
- **Purposes:** To measure and describe selected muscles integration structure during lacrosse throw movement and to recommend convenient specific exercises for lacrosse throw training.
- **Methods:** Surface electromyography and simple kinematics analysis.
- **Results:** Results showed that player's throw technique is stable and the most acceptable specific exercises for lacrosse throw are throws with weight on lacrosse head and throws with weight ball.
- **Key words:** lacrosse, throw, specific exercises, surface electromyography, kinematics analysis