

## **ABSTRACT**

The goal of this diploma thesis is to prove, that compensatory exercise affects positively locomotor system of SK Benešov U16 football players.

Theoretical part of this theses analyses all existing sources and literature from the field of compensatory exercises, muscle imbalance and body posture. Main research-method used in this thesis is an experiment. I choosed football players from the younger adolescents footballers category U16 and U17 of the team SK Benešov. Football players from group U16 are the experimental group, while the others from U17 are the controlling group.

To test the locomotor system I have chosen testing methods for unstreched and weakened muscles invented by Janda, Kabelíková and Vávrová. To test the body posture I used Matthias's test. Suitable compensatory programme was created for the players, with regard to entrance testing, which they had to apply for six months. In the middle of the testing period a control testing was conducted, to help to evaluate the correctness of the chosen exercises. After the evaluation of the final testing a conclusion was drawn, that the compensatory exercises do have a positive impact on locomotive system and body posture of football players U16.

## **KEYWORDS**

Balance tools, body posture, football, compensatory exercise, muscle imbalance, injuries.