Abstract

The popularity of floorball has been growing significantly. Floorball, as any other sport, is associated with certain health risks. Not only acute injuries but also chronic injuries have been connected with practicing sports. There is high risk of development of muscle imbalance, cumulative trauma disorders and chronic overuse, that negatively influence motor development of child. The aim of this diploma thesis was to evaluate the influence of corrective exercise on motor functions of young floorball players.

Methodology: Two top Czech floorball teams of young boys has participated in the research. The observed group was composed of 79 players (Group A – 40 players, Group B – 39 players) aged 11 and 12 (the average age of 12,1 ± 0,6 SD). Short version of motor funciton test BOT-2 has been used to examine participants. Additional anamnestic data were used to run detailed analysis of factors influencing the test results.

Results: The players of Tatran Střešovice and FbS Bohemians scored average percentiles of 63,45 ± 26,1 SD and 65,5 ± 27,8 SD respectively. That implies no impact of corrective exercise on results of motor funciton test ($p = 0,74$).However, the corrective exercise has decreased the risk of injury ($p = 0,0183$). The athletes playing for the team for more than 3 years have significantly better results of motor funciton test than those who plays for the team for less than 3 years ($p = 0,012$). The athletes who used to professionally swim (average percentile of 81,4 ± 19,3 SD), play rocket sports (average percentile of 78,5 ± 20,3 SD) or do martial arts (average percentile of 73,4 ± 23,0SD) has reached the highest percentiles in the test. Also it was shown that individuals practicing additional sports to floorball have reached exceptionally high scores in the test, percentile of 80,8 ± 15,2 SD ($p = 0,001$).