

Abstract

The topic of this diploma thesis is the description of injury rate at floorball in the men's highest competition within the years 2014-2019. The work consists of theoretical and practical part.

The rules of floorball, the popularity, and unions (federations) of this sport in our country and abroad, the concept of the season and the characteristics of the player's movement, including muscle imbalances are described in the theoretical part. A general division of sports injuries and a description of the most common injuries at floorball is a part of theory, as well as their prevention, registration, and treatment. In addition to contact with another person, glasses, shoes, the surface, the age of the player and, in the case of goalkeepers, knee protectors can influence injuries at this indoor sport. Further the method of educating coaches in the Czech Republic and the content of a seminar on compensation, which is presented to coaches at trainings, is also described there.

The practical part is focused on the collection of injury rate data from paper and electronic records from matches in the seasons from 2014/2015 to 2018/2019. These results are compared with respect to the presence of a physiotherapist, the player's age, the surface in the halls, the phase of the season and the occurrence of an accident during a home/outside match. Furthermore, the number of injured players is assigned to particular extra-league clubs. Research shows that the most common injury at floorball is in the ankle joint. The appendix contains photographs of partial exercises of one compensatory training created by Mgr. Kateřina Levínská.