

**ABSTRACT:**

The diploma thesis deals with the issue of the most common musculoskeletal injuries of volleyball players of all performance and age groups. The aim of the diploma thesis is to analyze the injuries that the players suffered during training sessions or matches, how serious they are, how they recover and how to prevent their reoccurrence.

The theoretical part of the work is mainly focused on the description of the units of the human locomotor system susceptible to injury during the game, following their diagnosis. The practical part of the work deals with the analysis of individual injuries in relation to performance and age groups and preventive and regenerative measures. The method of expert questionnaire survey is used to obtain this data. The obtained data are processed on the basis of the studied Czech and foreign literature and compared with similar studies dealing with the issue of injury rates in relation to prevention and regeneration.

The results of the work indicate that the fingers are the most injured part of the musculoskeletal system, and the game specialization most prone to injuries is the post libero. Another finding is the many times greater injury rate among young groups of players and the general lack of preparation for physical activity among most volleyball players, which does not correspond to theoretical starting points.

**KEYWORDS:**

Injury, volleyball, musculoskeletal system, load, prevention, regeneration