

## **Abstract**

**Title:** Analysis of using regeneration means in the highest basketball competition of women and older juniors in the Czech Republic

**Objectives:** The aim of this thesis was to analyse the form and frequency of doing regeneration of basketball players who are playing basketball competition of women and older juniors in the Czech Republic in the season 2009/2010.

**Methods:** I used method of quantitative analysis in this thesis. I have acquired information from the questionnaire method. Respondents that were asked in questionnaire research were players of basketball teams – extra league older juniors and women league. These teams are playing the highest organized competition in their categories in the Czech Republic in the season 2009/2010. Questionnaire contained 14 items. Four items were closed and ten items were opened. Three of them had more possibilities of answers. Four items were related to general information such as age of respondents, gaming competition, how many minutes players played in game and how difficult was their training. The others items found out the form and frequency of practising regeneration's methods.

**Results:** Questionnaire research dealt only with one item of regeneration and that was biologic mean. According to the expectations, players in high frequency were using massages and special nutrition supplements. The stretch exercises were part of all training's units. Water regeneration procedures and sauna were rarely applied.

**Keywords:** Basketball preparation, regeneration, methods of regeneration