

Abstract

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Title of the bachelor thesis: Methodological recommendations for the preventive of the most common floorball injuries

Department: Faculty of physical education and sport

Supervisor: Mgr. Marek Chlumský

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Objectives: In bachelor thesis I deal with methodical recommendations to prevent floorball injuries and muscle imbalances, especially in the youth. Using a battery of exercises from different sport sectors, coaches with compensatory exercises will help you in a simple and fun way.

Keywords: floorball, compensation, injury prevention