

Abstract

Title: Usage of regeneration in training process by Youth sport centers

Objectives: Analyze the state of usage of regeneration methods in Youth sport centers in Prague in age categories U-12 and U-19

Methods: Research by questionnaire

Results: The number of training units, as well as the number of regeneration procedures being used, increases among the older categories, such as U-17 and U-19, in comparison to younger sportsmen in the categories U-13 and U-15. More than five Youth sport centers utilizes at least six out of eleven regeneration methods. The remaining five procedures are being used by a maximum of three centers. Four Directors of Youth sport centers expressed their content with the present state of regeneration usage in their centers, three consider the present state to be unsatisfactory. Finally, all examined centers have a contract with a medical and therapeutical services provider.

Keywords: regeneration, football, Youth sport center, U-12, U-19