

## **Abstract**

**Title:** Monitoring of selected psychological factors in girl's volleyball

**Objective:** The objective of this work is the monitoring of the manifestations having an effect on the mental state of volleyball players.

**Methods:** The research file consisted of the teams of the first league junior players. In my work I use the method of inquiry. The questionnaire is largely based on selecting from alternative answers, but there are also forms of clear answers of the type yes, no. It contains three sections of questions, where each part addresses a different issue. With the help of the questionnaires, I examined selected factors having an impact on the psyche of the players.

**Results:** The final part consists of the evaluation of the questionnaires with the help of tables and subsequent verbal assessment of each question. This is the identification of the selected factors having an effect on the mental state of the players.

**Keywords:** team, psychological factors, game performance, relationships, questionnaire