

TITLE:

Change of physical abilities of TSV Giesen Grizzlys and VK ČEZ Karlovarsko players after condition training

AUTHOR:

Bc. Tereza Lukešová

DEPARTMENT:

Department of Physical Education

SUPERVISOR:

PaedDr. Ladislav Pokorný

ANNOTATION

The work is focused on fitness training of volleyball players from two top men's competitions, and on the Czech Uniqa extraleague and the German Bundesliga. Work through testing of motor skills of twelve respondents from both teams. These were the tests: K-test, 200m sprint, trapeze, long jump, rebound reach range, reach, two-hand reach range.

The first part of the thesis contains general information about volleyball literature and familiarization with movement abilities, with regard to work and work with them.

The research part analyzes the already mentioned form of tests of motor abilities of the respondents before conditioning during the season, ie also in December. In conclusion, the results of this research and comparison with fitness training of the teams were evaluated.

The work is intended mainly for advanced players or volleyball coaches.

KEYWORDS: physical ability, voleyball, condition training