

Abstract

Title: Condition training for volleyball players at junior age

Objective: The main objective of bachelor thesis is evaluating the condition training used for junior volleyball players.

Methods: In the bachelor thesis were used methods of measurement and observation with subsequent evaluation of obtained data, using analytical-synthetic procedures and methods of comparison.

Results: The results bring the efficiency of condition training used for junior volleyball players. They will deal with default and result data.

Key words: Motoric skills, game skills, volleyball, training, player.