

Abstract

Title: Early specialization in youth female volleyball

Objectives: Describe whether the current way of volleyball training process is inclined to a long-term concept of early specialization.

Methods: The distribution electronic questionnaire of the E-survey type managed to collect the necessary data from 75 coaches of youth girls volleyball teams from all regions of the Czech Republic. The questionnaire was mostly relevant to coaches in the U13 category and contained 22 questions. The answers to the questions were statistical methods of processing tables and graphs and possibilities compared with research and literature

Results: We found that 39% of coaches consider specialized training to be the most suitable form of sports training in the U13 category. It turned out that none of the other forms, such as general motor skills training and minivolleyball, has such a representation. The project of minivolleyball in colors is perceived positively by 82% of respondents, on the other hand in this category only less than 20% place it in more than half of the training units. The answers show that the U13 category is already predominantly specialized training of regular volleyball. The game is dominated by a game system with two setters, while in the teams there are mainly player specializations setter, outside hitter, middle blocker. The coaches do not agree with the introduction of the libero in the U13 category.

Conclusion: The current trend in sports training in the U13 category differs from the available literature. While in the literature the general training and all-round development of players is recommended, the statements of the coaches suggest that in a large number of sections there is a specialization of players already in the U13 category. I consider the current trend in the sports training of youth volleyball to be an inclination towards the long-term concept of early specialization.

Key words: early specialization, sports training of girls, U13 category, individual game activities, game systems.