

## **Abstract**

**Title:** The influence of volleyball on sports and after sports life of players

**Objectives:** The aim of this work is to find out in a comprehensive way the extent to which players are affected by long-term performance in an active volleyball team, how it affects the psychosomatic state of players and the possible impact of the game on the life of the player even after their sports career.

**Methods:** The thesis uses many-case exploratory studies with data collection through structured questionnaire forms and supplementary interviews. A total of 60 respondents participated in this qualitative research. The obtained data was examined by using the thematic analysis method. Tables and accompanying reports were used as an output form, formulating the researched phenomena and connecting the research with the theoretical part of the work.

**Results:** The collected data emphasized the importance of respecting the personalities of the players in all aspects. They confirmed the importance of harmony between the physical and mental aspects of the approach to training and game, and thus emphasized the psychosomatic unity that must be respected by the coach if the goal is a top notch game of the team as a whole. The research further confirmed that the background of the players lies not only in the broader social context of other players, but above all in the support of the family and partners.

**Keywords:** volleyball, performance, stress, game activities, psychosomatic influence, motivation for the game, feeling burned out, mentality of players, injuries, permanent consequences