

Abstract

Title: Analysis of practise and training of volleyball set in youth teams

Objectives: In this work I tried to analyze practise and training of volleyball set at setter in youth teams. Above all I will be deal with types of sets and practising the sets. I will examine their training and using in training units. I will be also concetrated on the person of setter. I am intrested in what is supposed to have the skills and abilities.

Abstract: This thesis is dedicated to all volleyball fans and mainly to volleyball coaches who are interested in problematics of practise and training volleyball set in youth teams. It can be also dedicated to volleyball coaches who are starting with their career. This thesis contains of chapter from history of volleyball, performance of game and the analysis of set, the set itself, division of set and skills and abilities of setter. This analysis was based on the questionnaire responses of selected coaches from volleyball clubs in Czech Republic.

Key words: The volleyball, practise, training, set, setter