

ABSTRACT:

Thesis title: *Physiological and efficiency assumptions for vertical jump with volleyball players.*

Thesis aim: We evaluate and analyse players' assumptions for vertical jump in volleyball as well as the evolution of these components in one age group within several years. We make test survey about the placement of the players with a perfect jump comparing to the players with high stature. We compare the best players in particular seasons.

Method: For my thesis examination I have looked up and processed results of standardized volleyball tests. Each year these tests are applied to the players at the regional youth centre championships. Nowadays these tests are rather applied to selections of the best regional players. Concerning girl players it refers to „the Memorial of Milan Kafka“. The testing is provided by the organizer in coordination with commissioned co-workers of youth committee and youth coordinator. For processing and evaluating of the acquired data I have used the following mathematical-statistic methods: arithmetic mean, variation range and decisive anomaly.

Results: I have transformed the final tests results into transparent graphs through which you can see apparent differences between individual players as well as between individual grades. Simultaneously, we can compare every single player with the average values of the whole tested group.

Key words: *tested group, vertical jump, stature, absolute reach, final tests results*