

Abstract

The thesis *“Motor Skills of Volleyball and Beach Volleyball Players Depending on Their Anthropometric Parameters”* discusses the distinctions in somatotypes of players of both sports. The thesis aims to define the influence of a somatotype for playing in each position. Furthermore, the thesis compares the differences in motor skills between beach volleyball and volleyball players. Nowadays, professional sports are characterized by growing pressure on athlete’s performance. It leads to higher competition which lowers the differences between the individual athletes to minimum. As it gets more difficult for every athlete to be the best, room for science opens up in sport. For this reason, natural conditions of somatotypes and other anthropometric parameters play key roles.

The aim of the thesis was to discover the differences in motor skills and somatotypes of beach volleyball and volleyball players. In the research, somatic and motor measurements were applied on players of the same performance categories. Thus, the thesis offers material that beach volleyball and volleyball coaches can later use in practise, for instance while spotting future talents, setting appropriate positions or creating game plans.

Key Words

Beach Volleyball, Volleyball, Anthropometric Parameters, Motor Skills