

Abstract

Title: Influencing the height of the vertical jump by condition training in volleyball.

Objective: The main objective of the diploma thesis is to evaluate the applied condition training focused on jumping in volleyball.

Methods: The diploma thesis used methods of measurement and observation with subsequent evaluation of the obtained data, using analytical-synthetic procedures and methods of comparison.

Results: The results bring the effectiveness of the applied condition training at the height of the jump in volleyball. They will deal with input, continuous and output data.

Key words: Explosive power of the lower limbs, maximum power of the lower limbs, rebound power, jump, volleyball, intervention.