

Abstract

Title:

Training of volejbal playing skills of boys and girls in junior category.

Work objectives :

Creating a set of simple technical tests for the junior category for a particular volleyball activities and their evaluation. Comparison of the outcomes and defining the differences between girls and boys category.

Methodology:

Monitoring of players' performance development in motor tests within observed and control group of those players by using comparative method. During monitoring three tests were made that supplied input, control and output data. T-test method for pair values of depending selections was used to process and analyze obtained data.

Results:

Results show to instructors of the tested group the control over the training and doing the particular volleyball activity, methods of training and the technical improvement of the team. The after comparison of boys and girls shows the speciality of the motoric progress in this age.

Keywords:

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Volleyball

Playing activity of an individual

Volleyball of the youth

Training