

Title of the Thesis

Developing explosive strength in volleyball of youth

Abstract

In this Thesis, I will explore an issue which is very important for all volleyball coaches working at any level. I will research the development of leg explosive strength for youth, which is in terms of physical condition very important factor. Site's object will be 15-17 years old girls, already performing competitive volleyball for several years. The research will take place in the course of eight months, from September, 2007 to May, 2008 using 3 measurements – initial measurement at the beginning of the research, another in the middle and the final one at the end of the research period. Two kinds of the jump will be subject of the measurement – when spiking and blocking. The results will be recorded in tables and converted to graphs. I will acquire information on the overall development of explosive strength for individuals and overall effectiveness of applied training methods.

Key words

Volleyball, explosive strength, exercises for the development of explosive strength, jump, training plan