

Abstract

- Title:** Application of strength training of volleyball players, using dynamometer, force plates Hawkin and thermo human scan tests.
- Objectives:** How to work with numbers from force plates? How to correct force inequalities between individual antagonistic muscle groups? Which procedures should be used and included to ensure the best possible performance of athletes?
- Methods:** The research method was tested on force plates, a dynamometer and on a thermo human scan.
- Results:** The results obtained should show how strength and conditioning training can be, effectively used to compensate for muscle imbalances, how to work with the results from testing and how to apply them subsequently.
- Key words:** Force plates, dynamometer, strength and conditioning training, volleyball, thermo human scan