

Abstract

Title: Outdoor training as a teambuilding tool in the sports preparation of top volleyball players

Objective: The aim of this thesis was to survey top volleyball players, coaches and other members of implementation teams about the inclusion and usage of outdoor training as part of teambuilding activities of top volleyball teams.

Methods: A quantitative data collection method was used to obtain data in the form of a survey, which was conducted online via the Survio.com platform. The research sample consisted of a total of 86 respondents who were active or former top volleyball players, coaches, or other members of the implementation teams. The survey combined closed, scale, and open questions, allowing for both descriptive statistical analysis and deeper insight into the respondents' personal experiences.

Results: Although the survey results showed that 65,1 % of respondents perceive outdoor training as a positive factor for their team's performance, outdoor training is currently not a commonly used teambuilding tool for top volleyball teams. On the other hand, 88,4 % of respondents would appreciate greater use of outdoor activities in the sports preparation of volleyball teams, with half of them believing that it should even be included in the training process regularly. Overall, the outdoor approach to training was described by respondents as an effective tool for strengthening and developing team cooperation, communication and trust.

Conclusion: Based on the analysis of the survey results, it can be stated that outdoor training as part of teambuilding activities in top volleyball has great potential to become an effective tool for improving team cooperation, cohesion and thus performance. Although its use in top volleyball is not yet a standardized method, most athletes and coaches would welcome its more intensive inclusion in the training process.

Keywords: team sports, sports preparation, sports psychology, team dynamics, experiential learning