

RESUME

Dissertation Title: Strain and stress in volleyball matches of junior girls

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Abstract:

The main aim of this dissertation is to find out the intensity of strain and stress in a chosen match of a junior category. The first task is to compile literature concerning volleyball, sports training and stress intensity. On the basis of the gained knowledge we are going to choose the methods of testing and examination of external and internal strain and stress. This will be applied to a chosen sample of players. The data will be processed and evaluated. For transparency of the results interpretation we will enclose charts and graphs. Finally, we will compare the results achieved by individual players, teams and player specialisations. We will be able to compare the data of the internal and external stress as there will be players who underwent both of these methods of testing.

We hope the contribution of this dissertation will consist in wider awarness of the intensity of strain and stress in volleyball. This dissertation is meant to be helpful to volleyball coaches and all volleyball experts, especially for junior category coaches. One of the main points is to influence the training process in junior categories. It is important to adapt fitness training to physical demands of particular player specialisations.

Key words:

internal strain and stress, external strain and stress, lactate, analysis of videorecording, junior category, volleyball