

Abstract

Title:

Creation and verification of condition training program for beach volleyball women players.

Objectives:

The main objective is creation, implementation and evaluation of condition training program for beach volleyball women players.

Methods:

Frame of the research is formed by evaluation. Research evaluation is supplied by methods of obtaining data and their further elaboration.

Results:

Results present and evaluate implemented program. These results should lead to condition training program solution in the future.

Keywords:

Beach volleyball, condition training, motoric abilities test.