

ABSTRACT

Diploma Thesis Title:

The Development of the Tonic Abilities of Senior-Pupils in Volleyball

Goals of Thesis:

This work is focusing on the raising of the tonic abilities level of senior-pupils in volleyball, by the support of the selected training program. I am trying to verify the effectiveness of the created training program for the development of these abilities.

Method:

To determine the effect of the created training program for the development of the tonic abilities, we used the method of testing.

The testing was performed mainly by using the test-file for SCM and KCM, used to test the level of motor abilities of pupils, held once a year during the “Memorial of R. Myslik”.

Results:

Results and conclusions of the work could be used in the training process for volleyball youth, especially to developing fitness assumptions, which are an integral part of the gaming achievement of the individual.

Key words:

Measurement, testing, motor level, training, fitness, jump