

Abstract

Title: Options affecting the physical assumptions in Youth Volleyball

Aim: To gather relevant information on fitness training volleyball at the age of 16 to 18 years, which would help novice coaches to basic knowledge in this direction. In the questionnaire, I found out how much time is spent conditioning coaches youth trainings, and what they experience in this area.

Methods: Data acquisition of high quality and trusted sources of literature and web sites relating to fitness training in different sports, general knowledge about physical abilities and basic information about volleyball and it all efficiently directed to the general fitness training volleyball. The practical part has the task of evaluating questionnaires collected. The evaluation used descriptive statistics. The relative frequency of this statistic is expressed in the graph for easy understanding. Using the questionnaire were addressed only coaches youth volleyball components. Assessment I conducted myself using Microsoft Excel, Power point and calculators.

Result: Due to the fact that I was in the theoretical part focused on affordable quality literature, so I think that the work is made of high quality and proven resources, full of important and useful information, which concerned the final mainly physical abilities and their purpose and development focused on volleyball. As another part of the compensation exercise I chose, which is very important to its effectiveness for physical fitness and physical simplicity and at the end, of course, periodization fitness training that will tell us how all this information is incorporated into annual training. The practical part of us revealed that the coaches, no matter of what direction the questionnaire, they know about fitness training, have experience with it and incorporate it into virtually every practice unit in the time range from 10 to 15 minutes. The vast majority of coaches use fitness exercises since the beginning of their careers and their main sources of information are publications and the Internet.

Keywords: fitness training, physical skills, volleyball coach