

## **Abstract**

**Title:** Analysis of selected moving skills of girls in Prague volleyball preparation

**Objectives:** The aim of this work is based on repeated testing to analyze the level of selected moving skills of girls in Prague volleyball preparation.

**Methods:** There was carried out two outdoor measurements of six moving skills of girls in Prague volleyball preparation. The results were summarized in tables and graphs and compared with each other using the average method.

**Results:** It was found, that the optimal composition of volleyball preparation are girls aged 6-9 years. This age range is identical to the sensitive period, that is most suitable for the development of moving skills and abilities.

**Key words:** volleyball, moving ability, moving skills, children of younger school age, sports training, trainer, versatile physical training, motor tests