ABSTRACT

Title: Specialized training in volleyball school categories and minivolleyball

Objectives: The aim of this study was to characterize the specialized volleyball training for selected categories in childhood on the basis of a brief proposal to develop training content for each category.

Methods: A target selection of volleyball coaches were selected to complete a questionnaire for quantitative research.

Results: The results of the poll relating coaches working with children and youth categories were displayed in graphs for clarity. According to the evaluation, and comparison with the literature the final literature, was a concise, well designed training content for category minivolleybal, younger and older students.

Keywords: minivolleyball, children sports training, specialization, division of categories