

Abstract

Title:

Analysis of internal load for beach beachvolleyball players

The aim of the work:

The goal of this work is to determine the size of the musculoskeletal load of beachvolleyball players in several games of the Czech Cup. At the same time the objective of this work is to determine differences in size of the kinetic load between players on various positions and show in which levels and for how long time are players in each level during the match.

Method:

In this work is used indirect (mediated) observation. Data were recorded using the devices from which the information was subsequently processed in the result form. The assess the magnitude of musculoskeletal load were used sport testers „Polar Team 2.“

Results:

The measurement results have shown, that beachvolleyball players were during the matches mostly in the aerobic – anaerobic zone. On average in selected matches harder working player was setter.

Keywords:

Beachvolleyball

Fitness training

Musculoskeletal load

Heart rate