ANNOTATION
The goal of the thesis is to determine the level of endurance for players first league volleyball and handball. Based on the structure of sport performance requirements compared to the level of endurance abilities in volleyball and handball and determine the actual level of endurance abilities. The theoretical part deals with the characteristics of selected sports, namely volleyball and handball, motor skills and endurance capabilities. The practical part of the set of motor tests chosen Cooper run and Harvard step-test to draw real endurance skills of players first league. Both teams I selected on the basis of tests once measured and inferred results. Results were achieved by statistical processing and evaluation of data collected.

KEYWORDS
Volleyball, Handball, endurance, Cooper test, Step-test, motor skills and abilities