

Abstrakt

Title: The Analysis and Comparison of Effectiveness of Defensive Individual Play Skills in Volleyball of Chosen Cadet Girls Teams from The European Championship 2015.

Objectives: The main aim of this study is to carry out an analysis and comparison of the play performance of the representative teams of cadet girls teams from the Czech Republic, the Republic of Turkey, the Russian Federation and the Republic of Serbia at the European Championship 2015 in Bulgaria from the point of view of defensive individual skills - blocking and digging. We tried to compare effectiveness of blocking and digging of above mentioned teams.

Methods: For carrying out our analysis we have used data processed in the diagnostic programme Datavolley, which is used for analyses of play skills in volleyball. The processed data are arranged into tables and graphs and individual values are (if needed) transferred into percentages using mathematical-statistical methods.

Results: The results show the differences between chosen teams and provide recommendations for future work with youth representative teams.

Keywords: volleyball, individual play skills, digging, block, Datavolley