

Abstract

Title: Differences between the workload of top beach volleyball players by specialization during the match.

Objektives: The main objective of this thesis is to observe the external load of players during the match. To determine whether the load varies and as a player who plays mainly in the field - fielder and the player who plays mainly on the network and blocks - blocker. We will focus on quantitative indicators of external loads.

Methods: The research is formed by an evaluation. Another method which was used was a method of data mining (measurements, observations) and their further elaboration.

Results: The results present and evaluate implemented programs. These results should lead to a condition training program solution for junior men players of beach volleyball.

Key words: Volleyball, beachvolleyball, physical strain, condition training.