

## **Abstract**

In this Master's thesis I am focusing on the creation of a series of exercises for the libero player in volleyball. Exercises focus on the training of specific activities that are mandatory while participating in the game: passing, digging, setting and covering. In the description of individual game activities, always emphasize the key moments of training.

The first part focuses on introducing readers to the theoretical basics of volleyball. The main focus is on the detailed description and analysis of the key gaming activities of libero such as mentioned before.

The second part of the Master's thesis consists of the exercises I have created for libero player specialization. Exercises are divided into four parts, according to individual game activities. Exercises shown in kinograms (phased footage from the video that is verbally described). Attached to the Master's thesis is a video with a complete series of skill developing exercises with comments.

**Key words: libero, methodical series, pass, set, dig, cover**