

## **ABSTRACT**

The purpose of this bachelor thesis called „Sport training of a beach volleyball player within the framework of 1 year-long training plan“ is to determine basic information about an individual performance preparation process and its parts, i.e. about physical and fitness preparation, technical, tactical, and psychological preparation. This bachelor thesis is divided into two parts: theoretical and practical (research) part. The theoretical part is focused on description of particular activities of sport performance preparation that are commonly used in beach volleyball training. The second part of the thesis is dealing with results of a questionnaire and describes main differences in the preparation activities used among the beach volleyball community.

The research results show that in the sport preparation most of the time (70 %) is dedicated to fitness (condition) training. Very important part of every training session is the development of physical abilities, mainly speed (33 %). Only 18 % of the players have visited a sport psychologist at least once in their lifetime and even only 27 % of these respondents have a regular cooperation with such psychologist. Moreover, the research results show that 67 % of the respondents do not cooperate with any nutrition specialist, they prefer to prepare their nutrition programme on their own.

## **KEYWORDS**

Beach volleyball, player, training, nutrition, plan