

Abstract:

Title: Physical load analysis of the select aspects in men's beachvolleyball

Objective: Analysis of external quantitative and internal indicators during physical loading. Evaluation of the physical loading interval and recovery time period. Other objective is an analysis of values as an integrated complex for further elaboration.

Methods: It was used the method of analysis of the heart rates records and videorecording. The quantitative method was used most during successive evaluation.

Results: Results discuss a characteristic of the exercise load during the game, a jumping load, a characteristic of the game time period, the exercise load and recovery time.

Key words: volleyball, beachvolleyball, physical loading, fitness level, quantitative analysis.