

Abstract

Title: Training of chosen play activities of an individual in volleyball in voluntary physical education on secondary school level

Objectives: The work deals with the realisation, graphical analysis and evaluation of simple testing batteries for secondary school students in terms of chosen play activities of an individual in volleyball.

Methods: In the research-dedicated part of the work a newly created model of testing method was employed
We have used this method with chosen play activities of individuals.
In students subject to the research we evaluate changes in the accomplishment as well as improvement of the chosen play activities in volleyball throughout the observation period.

Results: Based on an analysis of the results after the applied tests we have come behind relatively distinct differences in the management of chosen play activities in volleyball. These results can help other teachers in their work with ways of playing volleyball in the voluntary subject sport games.

Keywords: volleyball, individual play activities, secondary school volleyball, testing