

## **Abstract**

This diploma thesis "*The volleyball training for children*", in its first theoretical part, aims at making readers acquainted with basic volleyball terminology that is connected with children of primary school age. It brings a listing of information important to training of children, which is specially focused on volleyball. It could be useful and helpful to coaches or physical education teachers.

The goal of the experimental part of this thesis is to make a training program for all-round motor skills development, volleyball skills development and a positive relationship with volleyball for primary school age children. This program should have a respect to age specific needs of children and focus on their motor skills and play activities comparison and define their volleyball potential. It should find out about an awareness that children have about minivolleyball.

This thesis submits the document that is applicable in single training units for primary school age children that begin with volleyball for 5 months. It also helps to define a level of their volleyball potency.

## **Key words**

volleyball, minivolleyball, child, player, training, ball