

Abstract

Title: Use of Training lights in volleyball

Background: Volleyball is a very popular, dynamically developing sports game, and the demands placed on players, especially in terms of reaction skills, are constantly increasing. For this reason, Training lights used to develop a volleyball player's game performance can be a welcome aid for coaches to diversify training.

Objectives: The main objective of this bachelor's thesis is to present the training tool Training lights, the principle of its operation and the effect on the quality of the volleyball player's performance. Another goal is to create a stock of volleyball exercises using this tool.

Methods: The bachelor thesis is implemented as methodical material. As part of the creation of the thesis, both knowledge from professional literature, especially from articles published in peer-reviewed magazines, and the experience of the author, a long-time volleyball player and coach, were used.

Results: The result of the bachelor thesis is a methodical material that can serve as a clear guide for volleyball coaches for the use of the Training lights tool as part of game exercises focused mainly on the development of specific reaction abilities and game skills of volleyball players of all age categories.

Conclusion: The resulting thesis makes it possible to combine empirical knowledge with the results of professional studies published in peer-reviewed journals in training practice.

Keywords: volleyball, light stimulus, visual reaction time, coordination abilities