

Abstract

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Title: Comparison of volleyball and basketball conditioning

Objectives: The aim of the study was to compare the conditioning of volleyball and basketball. The thesis examines the structure of individual conditioning preparations, differences and similarities in training methods and training goals.

Methods: We used a search method to find information and knowledge about conditioning in volleyball and basketball, then we processed the data and compared the materials with each other.

Results: The study summarizes the main findings and discusses the effect of conditioning on volleyball players compared to basketball players. This thesis shows that volleyball players' conditioning has its own specific needs but also shares some training principles with other sports. Understanding these differences and similarities can lead to more effective conditioning.

Keywords: basketball, conditioning training, conditioning training in sports, sports training, volleyball