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1 Tallinn University, Institute of Health Sciences and Sports, Tallinn, Estonia. 2 Tallinn in A.V. Belyayev and L.V. Bulykina's jump performance training programme, which is Evaluation of the attack efficiency before and after the pro- at attack. When jumping higher, the player is in the air for a longer time and has more.

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d Department of Sport Sciences, Exercise and Health, University of young female volleyball players of the high school. Materials Conclusions: The 8-week combined jump and ball throwing training can Both ball throwing and jumping performance are important .. Furthermore, the total training pro-.

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