

Abstract

Title: Development of speed skills and agility in ice hockey off - ice training for children

Objective: The aim of this bachelor thesis is to create battery of exercise suitable for development of speed skills and agility in ice hockey off - ice training for children.

Methodology: It was used scientific method of observation – theoretical-empirical character. In the work was compared the results of 12 players from HC Hvězda Praha club, which was measured at the beginning and the end of summer preparation period. The results were compared using the Cohen's coefficient d, arithmetic mean and percent.

Results: We have created the battery of exercises suitable for developing speed skills and agility in ice hockey off – ice preparation period for children. This battery comes from my own experience and from studying professional literature.

Key words: ice hockey, speed skills, agility, younger school age, battery of exercises