

Abstract

Title: Development of the individual skills of ice hockey defenders for the younger school age category

Target: Target of my bachelor thesis is to find out and collect informations about development of the individual skills of ice hockey defenders in younger school age. From these informations suggest drills and include them to the training units

Methods: In order to elaborate the theoretical part of the bachelor thesis, was used the method of searching and studying professional literature, obtaining information in the electronic database and professional articles related to the given issue and interviews with experienced trainers. Next method is analysis graphic processing in practical part

Keywords: younger school age, ice hockey, skills, individual activities, defense