

Abstract

Title:

Efficiency of shooting transferred from the training process to a match

Objectives:

The diploma thesis is focusing on gathering information about shooting in ice hockey, creating exercises, two training units for shooting and then evaluating collected statistics on shooting from the whole season of one youth team. Attention will be given to a comparison of the productivity and efficiency of the shooting in order to find out how useful the invented exercises had been to improve shooting throughout the season.

Methods:

The diploma thesis uses experimental methods in order to incorporate fictional exercises to the training process. Consequently statistics that were collected throughout the season were used to check whether the increase in productivity and shooting efficiency was positive.

Results:

The considered set was separated by the selected statistics into three time periods.

The subsequent comparison led to an increase in productivity and efficiency during the whole season.

Key words:

shooting, hockey stick, ice hockey, pass, match, puck