Abstract

Title: Conditional Training for Street Hockey

Objectives:

- Analysation of available literature specialised in conditional training in common and specific character for street hockey and similar sports.
- Design a training program for individual conditioning of an elite street hockey player.

Methods: This work is assembled as a summarizing study. Foundations for creating a draft of conditional training were formed from analysation of available literature, analysation of heart rate, determination of key energy systems and movement abilities and also from periodization of a year training cycle.

Results: The draft of conditional intervention is based on available literature and on results from fulfilled tasks.

Keywords: intervention program, analysis, year conditioning cycle, explosive power, speed