

Abstract

Title: The differences in skating performance by training of changes of directional speed and partial skating tasks in U12 ice hockey players
Objectives: The main objective of the thesis is to compare the effectivity of training of ice skating while using exercises of changes of directional speed and training of partial skating tasks and its influence on speed-skilful test within players of senior school age (U12). At the same time, I am trying to compare which of methods regarding the development of ice skating's skill is more effective whether it is a method in whole (skilful exercises) or a method in parts (development of skating elements).

Methods: Method of quantitative analysis of results of eight ice-skating tests performed on players of senior school age was utilized in the thesis. The tested sample was formed by thirteen players from sixth grade of the HC Slavia Praha team. The study includes three test measurements. First test measurement is the entry one, the second follows after the intervention from training of changes of directional speed and the third test measurement is performed after the intervention from partial skating tasks. The obtained data was recorded in charts and afterwards statistically processed by a method „A scale of magnitudes“. This method enables to calculate firstly the scale of amounts for differences in the means and secondly the probability of change achieved by the intervention.

Results: After the intervention from training of changes of directional speed was provable influence regarding three tests from eight in total. The tests focus on ice skating starting by going forward without puck (test n.6), going forward with puck (test n.7) and going backwards without puck (test n.8). After the intervention from preparatory technique of ice skating the players improved their skills within three tests. The improvements showed up within the tests focused on ice skating skills without the puck (test n.1) and within the tests focused on going forward 30m without (test n.3) and with puck (test n.4). The outcome of the results is that the training of changes of directional speed is more effective than preparatory technique of ice skating only in certain tests and it could be applied the other way around as well.

Keywords: ice-hockey, senior school age, skating, partial skating tasks, training of changes of directional speed, skills