

Summary

This diploma thesis deals with comparison of physical abilities of younger school pupils in ice hockey and floorball. The thesis is divided into two parts. In the first part, the thesis deals with the theory that summarizes all information about ice hockey and floorball among pupils of younger school age. There are also theoretically processed chapters on motor abilities, annual training plan and regeneration and compensation exercises. The main aim of this work is to map and compare the level of motor abilities after a one-year training cycle in 2018 and 2019 for younger school age players in ice hockey and floorball using motor tests. Secondary objectives are to measure the increase in dexterity, endurance, strength after a one-year training cycle for ice hockey and floorball players. To map the negative effects of sport training on posture for ice hockey and floorball players and to develop a draft compensation exercise program for ice hockey and floorball players. In the second part, the thesis deals with the comparison of the level of motoric abilities of younger school pupils in ice hockey and floorball by measuring motor skills. Individual motor skills with results are elaborated into individual graphs. Then there is an interview with Mgr. Zuzana Jiříčková, who deals with areas of stress, annual training plan for specific athletes and recommendations for regeneration and compensatory exercises.

Key words: player, student, ice hockey, floorball, training, competition