

Abstract

Title:

Current trends in off-ice training at the stage of the training cycle in the U12-U13 category

Goals:

To map the theoretical principles in the available literature for the creation of training programs for the development of motor abilities in the yearly training cycle. Then use the information to create training programs for U13 category.

Methods:

For the elaboration of the theoretical part, the method of data collection and study of scholar czech and foreign literature was used, from which we obtained the information about trends in off-ice training.

Key words:

Ice hockey, motor abilities, youth category, yearly training cycle, compensatory exercise, strength, off-ice training, late childhood