

Abstract

Title:

Analysis of conditional training for hockey referees

Objectives:

Analysis of conditional training for hockey referees and create a proposal of annual training plan for conditional training (off ice) for ice hockey referees in the Czech highest competitions.

Methods:

The bachelor's thesis uses a scientific quantitative method of questioning. The method of analysis was used to evaluate the anonymous questionnaire.

Results:

Based on the data obtained by analyzing the anonymous questionnaire and after searching the literature and consulting with experts, a training plan for ice hockey referees was created.

Keywords:

Ice hockey, referee, condition, training plan, Czech extraleague