

Abstract

Title:

The comparison of ice skating efficiency developed by drill vs. gaming form in the U – 10 category.

Objectives:

The aim of this dissertation is to compare the efficiency of skating developed by drill and game forms of training using speed-skill tests for ice hockey players under the age of 10.

Methods:

This work used the method of quantitative analysis of test results for ice hockey players of the U10 age category. The tested group consisted of 18 players of the U10 age category from the HC Hvězda Praha team. The dissertation includes three stages of data collection. The first set of data is preliminary, the second set of data is collected after the intervention by the drill form of training and the third set of data is collected after the intervention by the game form of training. The development of skating skills in drill and game form of training always took place in the first twenty minutes of the training. The obtained sets of data were recorded and then evaluated in accord with Friedmanan and Wilcoxon tests.

Results:

In the 6.1 m sprint, the 35 m sprint and the S-Corner test, slalom with a puck test and the crossing with a puck test there was recorded improvement after each intervention. In the crossing without a puck test the difference was recorded only after the drill form of training. In the reaction test the difference was recorded only after the game form of training. In the 6.1 m sprint, 35 m sprint and S-Corner test, there was no difference between the drill and game form of training. Three tests showed greater improvement in the drill form of training. These are the slalom with a puck test, the crossing with a puck test and the crossing without a puck test. In the reaction test was recorded greater improvement in the game form of training. The results show that the drill form of training is more effective in three tests, conversely the game form of training was more effective in one specific test.

Keywords:

Ice hockey, skating, drill form, game form, age category U - 10