

Abstract

Title: Use of Crossfit in condition training of junior ice hockey players

Objectives: Main idea of this thesis was to prove, that Crossfit is usefull in ice hockey while pre-season. We aimed to proved crossfit improvment at generally condition presupposition, compare to other training method. Main area of condition were speed and power presupposition.

Methods: In our thesis we used a method of analysis and a method of comparison. We applied the method of analysis in pre-season of ice hockey and the method of comparison in comparing the two different types of training method. We used Crossfit as training method, which was applied on junior hockey. Strength training based on Crossfit exercise is going to be compared with running training, This running training program is use for training of junior hockey players.

In the period under consideration of the performance stage we assess the change of power and speed performances of the ice hockey players. To assasmnet we used battery of test which is identify for Czech junior hockey league. We applied this test on junior players at age 17-20, which are playing 2. Czech league.

Results: This thesis proved that Crossfit can be used in pre-season training oj junior hockey. At the same time proved that explosive power assumption on players which used Crossfit like training method. All tested attributes proved better results compared to control group. Most improvement players get in lower body power assumption. They have been proved in test battery for junior ice hockey players. Most improve were at skaters jump, 4,82% performance increase. Statistically significant results were reached at five discipline. Agility hockey, vertical jump, snatch and clean&jerk. At total players reached improvement against standard in tests by ČSLH (Czech union of ice hockey).

Keywords: Crossfit, ice hockey, speed, power, junior hockey players, physical training