

**Title:** Training of offensive game activities of an individual during games in a small space in the 5th class (category U10)

**Goals:** The main aim of these bachelor thesis is to create modern exercises, which are combination of games and skills in one unit. The exercises are focused on the development of two game activities of an individual and on the basic movement skill of skating. For each of these skills, I assigned ten exercises in small area games.

**Methods:** In my bachelor thesis I used a qualitative description of exercises, which are focused on two skills that fall into the game activities of the individual and one basic movement skill skating. The stack of exercises is therefore focused on these skills in the U10 category. The exercises were created by combining games and skills together, so the exercises are very varied and suitable for the category. To create, I used the theoretical basis of the work itself, which I combined with the methodology of the Czech Hockey Association and my own experience, which brought me mainly movement games. Each exercise has a given form of difficulty, according to which we include the exercise in the training plan.

**The meaning of work:** Efforts to improve training units, as games in a small space are known to many coaches only as 1vs1 or 3vs3. Kids need more variety, so I decided to do exercises that combine games and skills in small space games. This work is beneficial for coaches in this category of specialization, who want to keep the sport a fun, but at the same time developing part of children's lives. Furthermore, this bachelor thesis precedens early specialization, as games in a small space develop the player as part of entertainment.

**Key words:** ice hockey, small side games, individual tactics