

## **Abstract**

**Title:** Analysis and possibilities of training of selected offensive individual hockey skill in ice hockey in youth categories

**Objectives:** The first objective was to define the nodal points of the execution of a given movement of a selected offensive individual hockey skill, namely, protecting the puck in ice hockey. The second objective of this thesis was to create skill acquisition program of training of the offensive individual hockey skill of protecting the puck for individual youth category.

**Methods:** The indirect observation method of video was used to obtain the data. A binary yes / no system was used to evaluate the results.

**Results:** The thesis was divided into two parts. The first part was to determine the nodal points of the execution of the selected offensive individual hockey skill protecting the puck in ice hockey using video analysis. A total of nine videos were selected for the video analysis. Three of them contained successful situations of protecting the puck with the body in space, three successful situations of protecting the puck with the body in personal contact and three successful situations of protecting the puck near the boards. First, the nodal points of execution were determined, namely skating, stickhandling and positioning of the puck, and last but not least, body position and work with body. From these nodal points, a video rating system was then created, using a binary yes / no system to rate the quality of execution of each skill. The data obtained was tabulated. The second part was the creation of skill acquisition program of training selected offensive individual hockey skill protecting the puck in ice hockey for each youth category. These skill acquisition program of training were created using the data obtained from the analysis of videos of selected sections of the games. The created skill acquisition program of drills include drill procedures, the main and most common errors in execution and examples of model drills.

**Keywords:** skill acquisition program, video analysis, qualitative research