

# Abstract

## **Title:**

Use of time in training the 3th grade

## **Objectives of work:**

To find out use of time in training the 3th grade of czech teams and compare them with theoretical knowledge, which recommend ČSLH and USA hockey.

## **Methods:**

Data were collected using the method of indirect observation. During our visits to selected clubs we made the video, which served us as a source of information and data for this work. Tested object represents 4 clubs in the Czech republic. The data from the video were processed into the charts, graphs created and the results compared.

## **Results:**

In all four tested clubs players are actively in training unit over 25 % of the training time. Mountfield Hradec Králové and BK Mladá Boleslav join his players in training unit more than 50 % time of training. HC Stadion Vrchlabí waste time 12,1 % of training time, Mountfield Hradec Králové 12,8 %, Bílí Tygři Liberec a BK Mladá Boleslav over 25 % time of training. Skating and individual skills train in all tested clubs with the exception of Mladá Boleslav over 60 % training time. Three clubs applies small- area games over 30 % time of training. Only club HC Stadion Vrchlabí used these games in 17,5 % training time.

## **Keywords:**

Ice hockey, time, training unit, 3th grade