

**TITLE**

Crossfit as a fitness training for ice hockey players

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**ABSTRACT**

This work deals with a relatively new sport, which is called crossfit. Specifically, how to combine crossfit with fitness training in ice hockey. The first part of this work contains an overview of the necessary theoretical background. From the basic information concerning the fitness training of ice hockey players to the introduction of the current fitness phenomenon, which is called crossfit. The second part is a separate research. The research includes testing players according to Czech hockey fitness tests at the beginning of the training period without the use of crossfit exercises and at the end of the period, after the use of specific exercises. The results I obtained are then compared with the results from 2019. The result of this work was to determine whether it is appropriate to include crossfit in the pre-season training of ice hockey players.

**KEYWORDS**

Ice-hockey, crossfit, fitness training, motor skills, training unit, preparation period