

Abstract

Title: Sports training of national Para ice hockey team players in the Czech Republic

Results: Using theoretical knowledge, questionnaire survey and based on interviews with the coach of the para hockey team of the Czech Republic, to describe the current level of sports preparation of para hockey players in the Czech Republic. The sub-goal was to design suitable exercises on and off the ice.

Method: Within the theoretical part, a method of literature research was chosen to present basic information about para hockey and its training in the Czech Republic. The research was conceived as mixed. The methods of data collection were a questionnaire and a semi-structured interview. Descriptive statistics were used to analyze the data. In the case of open questions and interview analysis, the method of creating clusters was used.

Results: Training units are insufficient in terms of complexity, lacking, for example, a focus on endurance and training of game skills. Hockey clubs lack a sufficient number of off-ice training units, there is no recovery and rest plan, and very little emphasis is placed on compensatory training. The absence of individual training is also problematic.

Training in the season focuses mainly on shooting and passing practice. There is a lack of training of other important techniques, such as zigzagging, working with sticks, too much attention is not paid to game situations and tactical preparation.

The result of the analysis of the interview showed that the factors that affect the performance of a para hockey player are age, type of physical handicap, weight, player psyche (especially adaptability and resilience), but also moral volitional qualities.

The possibilities of improving Czech para hockey players depend primarily on strengthening the financial support of this sport.

Following the results, part of the work is a set of proposed exercises to ensure comprehensive preparation of para hockey players, not only with regard to improving their performance, but also to prevent injuries.

Keywords: para ice hockey, training, performance, factors