

Abstract:

- **Title:** Involvement of muscles in shoulder during golf shooting in ice-hockey.
- **Purposes:** To measure and describe selected muscles integration structure during shooting movement and to recommend convenient specific exercises for shooting training.
- **Methods:** Surface electromyography and simple kinematics analysis.
- **Results:** By the measure values, we can recommend both exercises, softball shoot and golf shoot, as a specific exercises for shooting in ice-hockey.
- **Key words:** ice – hockey, shooting, shoulder girdle, surface electromyography, kinematics analysis.