

Abstract

Title:

Fitness training for ice hockey referees

Objectives:

The aim of this work is the application and verification of an intervention for the preparatory period of ice hockey referees.

Methods:

The thesis utilizes scientific quantitative experimental methods. Other scientific methods employed in this work include observation, measurement, comparison, analogy, and synthesis.

Results:

Based on data obtained from a research of scientific literature, personal experiences, consultations with experts and referees, a training plan for the preparatory period of top-level ice hockey referees in the Czech Republic was created. Additionally, this plan was tested in practice with selected referees. A test battery was also developed, to compare results and determine the benefits and functionality of the proposed training plan.

Keywords:

Ice hockey, referees, conditioning preparation, training plan, test battery