

*Abstract:*

Thus sensory motor stimulation was used primarily in physiotherapy. At current equability of conditioning abilities in elite ice hockey players, development of the coordination abilities (equilibrium abilities) possible way how to increase ice hockey players potential and at the same time prevent some injuries.

The aim of this thesis is to find out effectiveness of sensory motor stimulation for development of equilibrium abilities in ice hockey players, out of the ice rink. And to find out an expression these abilities into a skating skills. And inform trainers about other possibilities of development of the equilibrium abilities primarily in youth categories.

*Title:*

Application of sensory motor stimulation for development of equilibrium abilities in youth categories of ice hockey players.

*Goals:*

The aim of this thesis is to find out effectiveness of sensory motor stimulation for development of equilibrium abilities in ice hockey players, out of the ice rink. And to find out an expression these abilities into a skating skills.

*Method:*

Through tests of equilibrium abilities was find out effectiveness of sensory motor stimulation to develop of equilibrium abilities. An evaluation these effectiveness and demonstration into a skating skills was evaluated by 30 test players. The thesis is a kvaziexperiment. The results are process through method of descriptive stats.

*Results:*

The results inform about an effectiveness sensory motor stimulation to develop equilibrium abilities and their demonstration into skating skills of hockey players.

*Key words :*

Sensory motor stimulation, equilibrium abilities, ice hockey, coordination abilities