

Resume

Title:

Effectiveness of the preparatory term extraleague youth ice-hockey team Vsetín in the season 2007-2008.

Work objective:

The aim of this diploma work is find out the change of the efficiency during preparatory term and analyse of the preparatory term the extraleague youth ice-hockey team Vsetín in the season 2007-2008.

Schedule of the diploma work:

1. Making the theoretic basics of diploma work
2. Making the motoric tests before preparatory term
3. Checking the practises of the preparatory term
4. Making the motoric tests after preparatory term
5. Interpretation practises of the preparatory term
6. Comparing and interpretation of the motoric tests

Hypotheses:

H1: All players improve their efficiency

H2: High improve of the efficiency will be in the benchpress and sixjump.

Method:

I use the comparing method of the motoric tests and for analythic part I use the observation method.

Outcomes:

The outcomes should bring in the interest in the making of the new training plans for preparatory term in the youth ice-hockey.

Key words: Ice-hoceky, Preparatory term, Motoric tests