TRAINING PROCESS OF YOUTH HOCKEY TEAMS HC KLADNO AND PZ KLADNO

Summary:

The bachelor thesis is divided into two parts – a theoretical part and a practical part. The theoretical part contains information about the sport industry which the work is related to, thus about ice hockey and theoretical description of principles, specifies and types of training used by the training process of children and youth. Practical part is occupied by training process of youth hockey teams HC Kladno and PZ Kladno. The objective of this work is characteristics of their training process and also description of using of training areas in the town and to compare it with their real using.

Keywords:

- Ice hockey;
- Coach;
- Training process;
- Training area.