

## **Abstract**

**Thesis title:** Stimulation of strength, speed and coordination abilities in the ice hockey goaltender.

**Aim of the thesis:** To describe theoretical basis of stimulation in ice hockey goaltenders. To design a model of goaltender's strength, speed and coordination training and to find suitable methods, means and forms of the stimulation of strength, speed and coordination abilities focused on youth teams and older goaltenders.

**Method:** Qualitative analysis of document contents was used to identify the main theoretical basis of stimulation of goaltenders strength, speed and coordination abilities. Determiners of goaltenders' strength, speed and coordination development were described on the basis of deeper analysis. The main theoretical resources were finally integrated into a logical complex by the method of synthesis. On this basis the conception of strength, speed and coordination abilities stimulation could have been set up and suitable methods, means and forms of the goaltenders' strength, speed and coordination training could have been chosen with focus on youth teams and older goaltenders.

**Results:** The thesis discusses the topic of stimulation of goaltender's strength, speed and coordination abilities, describes the basic theoretical basis and determiners of goaltenders' strength, speed and coordination development and deals with suitable methods, means and forms of goaltenders' strength, speed and coordination training focused on youth teams and older goaltenders.

**Keywords:** goaltender, strength, speed, coordination, abilities, stimulation, methods, means, forms, ice-hockey.