

## ***Abstract:***

### **Title:**

The influence of two different lower limb exercises on the speed of skating during dry land training in young ice hockey players aged 17 to 20.

### **Aim:**

The aim of this study was comparison of the effect of two variations in preseason preparation on speed of skating.

### **Methods:**

The hockey players in the age from 17 to 20, who have been training ice hockey for 12 - 14 years, have been watched. The hockey players have been divided into two groups on the base of the technology of the skating. The speed of the skating, have been measured at all hockey players at the beginning of the watching. Then the hockey players have absolved the summer preparation. The capacity of the training has been the same for both groups (the amount of the lessons, frequency, etc.). The difference was in the way of performing of some exercises, mainly the exercising of the legs. The first group has been doing the exercises in the „speed“ form, while the second group has been doing the exercises in the „ strength“ form. The effect of the used training has been controlled by the motoric tests. The speed of the ice skating has been evaluated again before the beginning of the playing season. The results have been statistically elaborated and compared.

### **The results:**

Both training systems have significantly improved performance in motoric tests, and speed of skating. It turned out that the exercises performed more by “strength” form are in aspects of speed of skating more effective than exercises performed by “speed” form.

### **Key words:**

Ice hockey, hockey ice skating, strength abilities, speed abilities, summer preparation, junior category.