

Abstract

Title: Process of motional abilities for under 16 ice hockey players in preliminary term

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Objective: The aim of this thesis was to design and implement a training program for development of motor skills of junior ice hockey players and its subsequent verification in practice during preparation period 2011/2012. This thesis is based and builds on author's Bachelor thesis, in which the author analysed fitness preparation of juniors in preparation period 2010/2011. In the thesis are both fitness programs compared and analysed. As for scientific research, the author worked with hockey team HK Dukla Trenčín. Conclusions and hypothesis are listed in the conclusion of the thesis.

Methods: In thesis was used method of research, the method of observation, methods of literary sources, method of interview and method of measurement and testing.

Results: The obtained results should form a basis for further development of fitness plans for junior ice hockey players' preparation periods.

Key words: ice-hockey, athletic phase, motional abilities, U16 ice-hockey players, training, tests.