

Abstract

Title:

The content of training the 4th grade and its continuity with the modern trends in ice hockey

Objectives of work:

To find out representation of individual play moves in the training units of 4th grade in the Czech republic and compare them with the modern trends, that recommend USA hockey and IIHF.

Methods:

For data collection was used method of direct observation and recording of training units into the prepared evaluation reports. Tested object represents 3 training units of 4th grade in 3 different clubs in the Czech republic during the season 2013/2014. The data were processed, filled into the charts and compared.

Results:

In all 3 clubs used the skating drills over 30% of training time, HC Sparta Praha train skating even over 50%. Stickhandling train in 2 clubs over 20% of training time, in 1 tested club below 20%. Passing drills apply in the club HC Hvězda Praha above 20% time of training, HC Krkonoše above 16% and HC Sparta Praha below 10%. HC Sparta Praha use the shooting drills most of the time and its over 37%, 2 other clubs below 20%. Any of the tested teams does not apply small – area games above 30% of training time. In all 3 tested clubs used stations. HC Hvězda Praha and HC Krkonoše used 3 stations during 1 training drill and HC Sparta Praha 2 stations.

Keywords:

Individual skills, ice hockey, 4th grade