ABSTRACT

Title of work:
Modern training equipment for ice hockey

Goal of work:
Using standardized interviews to determine the frequency of use of modern hockey equipment abroad, then through a questionnaire survey, the frequency and the current status of the use of modern hockey equipment for ice hockey players aged 12-13 years in the Czech Republic. According to the findings recommend examples of training exercises that are suitable for the development of skills for players to prepare for the ice and off the ice.

Method:
Observation, indirect observation, document analysis, questionnaire survey, data analysis, standardized interview.

Results:
The results of the thesis we have shown that the frequency and condition using modern training aids for ice hockey in the Czech Republic compared to other countries at a low level. Some tools are used by us all. 40% of those surveyed teams in our equipment in use. On this basis, I recommend examples of training exercises with the use of modern equipment for ice hockey, and I brought a few suggestions on how to properly work with modern tools.

Keywords: Ice Hockey, Skating, Stickhandling, Equipment, Slide Board, Passmaster, Attack triangle, SweetHands