TITLE: Specifics of training process in ice hockey teams in junior categories

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ABSTRAKT: This thesis maps the training process junior categories in ice hockey. Reproach characteristic specifics which are within the training sessions and matches in this age group occur. Using questionnaires, which I sent to schools attended junior category players, the players themselves junior category and also coaches the junior age category I investigated the influence of load on their academic performance. Access to school junior category players. Organization of training units in a racing cycle.

KEYWORDS: ice hockey, strength, speed, agility, endurance, technique, tactics, training unit, a competitive match, the younger adolescents, older adolescents, adolescents.