TRAINING OF ICE HOCKEY FORWARD

Annotation:
Subject of this thesis is to compare and characterise the present status of a hockey forward training routines by comparing hockey forward training routines of ice hockey club HC Hvězda Praha in different age and performance categories. Theoretical part of the thesis includes brief information about characteristics of ice hockey, it’s history and evolution, integration into Czech enviroment and describes basic rules. Crucial part of the thesis is dedicated to basic theoretical perspective of hockey forward training routines in sense of theoretical and physical preparation which is included in the year training cycle. The aim of this thesis is overall comparation of differences in hockey forward training routines and type of shoots in different age and performance categories.

Key words:
• Ice Hockey
• Ice Hockey forward
• Training workout
• Game skills
• Ice Hockey Club