Abstract

Title: The use of gymnastics in sports preparation (training) of ice-hockey players

Objectives: The main objective of this thesis is to draw up a gymnastic motion programme for sports preparation of ice-hockey players on the base of profiled intersection of gymnastics and ice-hockey. The next objective is the mapping of a training plan of ice-hockey players in practice and obtaining ice-hockey coaches attitudes to the inclusion of gymnastics to the training of their players.

Methods: In the thesis it is used a method of questionnaire to get expression of opinions of coaches of young ice-hockey players to this topic. Data collected from the questionnaire survey was processed by standard statistical methods in the programme Microsoft Excel. The theoretical part is processed by a form of literary research of available sources concerning the thesis topic. This part is finished by the profiled intersection of gymnastics and ice-hockey. A concrete motion programme is created according to this intersection.

Results: I found out that there is a big interest from the side of ice-hockey coaches to include gymnastic grounding to the trainings of their players. It is obvious from the survey that ¾ of coaches already include some gymnastic exercises regularly. A proposal of the motion programme, which can be used in sports preparation of ice-hockey players, is the result of this thesis. Particular items of the motion programme are justified and they are supplemented by concrete exercises.

Keywords: ice hockey, gymnastics, sports training, questionnaire