

Abstract

Title: Individual training of an ice hockey player in the pupil's category

Objectives: The aim of the bachelor thesis is to gather the knowledge of training the key skills in the pupil's category which is possible to learn by an individual form of training and on the basis of that to choose the exercises which are suitable for learning these skills.

Methods: The research method for seeking information about the theme from Czech and foreign literature was used in the theoretical part of the bachelor thesis.

Results: The creation of excersises for the development of chosen skills by an individual form of preparation.

Keywords: ice hockey, individual form, pupil's category, skills