

Abstract

Title:

Skating skills development at ages U - 10

Objectives:

The main aim of this thesis is to introduce the scheme skating in ice hockey, describe methods of improving individual skills and create a stack of exercises on their development.

Methods:

The thesis was primarily written with the use of searching method based on information from available expert literature, electronic sources and articles of Czech and foreign origin.

Keywords:

Ice hockey, skating, training exercises, school age, skating methodology, didactics sports games