

Abstract

Title: Fitness preparation of youth in ice hockey

Objective: The objective of this work was to examine the use of fitness preparation and the involvement of fitness coaches in youth categories of ice hockey clubs. In order to fulfill the objective of this work an anonymous questionnaire was created. The purpose of the questionnaire was to find the sources of information which coaches use to educate themselves and to find out how they approach the whole concept and content of fitness preparation.

Methodology: This bachelor's thesis was designed as a quantitative research based primarily on a questionnaire with evaluation of the qualitative data. Non-standardized open and closed questions were used in the questionnaire. These questions were selected based on repeated consultations with experts in the field of pedagogy, methodology and ice hockey. The questionnaire together with an introductory explanation was sent to coaches of selected youth categories. These coaches were approached via email or telephone and were familiarized with how to correctly fill out the questionnaire. The acquired data were evaluated using descriptive statistics and qualitative evaluation.

Results: Fifty out of sixty-two approached youth coaches of ice hockey submitted a fully completed questionnaire. Based on the results of the questionnaire we can imply that only seven respondents stated that they use conditioning coaches in fitness preparation of their teams. When creating trainings aimed at fitness preparation, coaches were most commonly using Internet videos as the primary source of information.

Key words: Ice hockey, fitness training, fitness coach