This master thesis shows specific differences between men's and women's ice hockey. Point out anatomical, physiological, psychological, performance, technical and tactical factors affecting training processes and training units in men's and women's ice hockey. Using a questionnaire among players and coaches, I examined the knowledge of specific gender needs and their placement in the training units, knowledge of competition systems and game plans, differences in rules and men's and women's ice hockey. Furthermore, player and coaching history and hockey coaching education. Using a questionnaire among public, I examined opinions on female players and women's ice hockey, differences in attendance and viewership of men's and women's matches, knowledge of male and female players, teams and international successes of national hockey teams. I compared average age, weight and height of male players in Tipsport Extraliga and female players in women's league. I also compared the amount of training units of men's team HC Verva Litvínov and women's team HC Litvínov in the season 2014/2015.

KEYWORDS:
Woman, ice hockey, differences, specifics, sports training, technical, tactical and psychological preparation, system of competitions, game plan, rules, training unit, history