

Abstract

Title: Comparison of off-ice training in ice hockey in Canada and Czech republic in season.

Objectives: Analyzing and comparing selected approaches of coaches from Canada and Czech republic.

Methods: In our thesis we used a method of analysis and a method of comparison. The analysis method we used in the analysis of individual physical abilities of each period and annual training cycle and comparison method of comparing the information obtained from college internship, literature and expert consultations.

Results: Based on comparison of several selected approaches of strength and conditioning we can claim that selected strength and conditioning coaches use similar training philosophy, their work varies in mobility and endurance training and in using different modern technology. We also built mobility program.

Keywords: ice hockey, off-ice training, comparison, strength stimulation, mobility stimulation