

ABSTRACT

Title: Compensation program for youth in ice hockey.

Objectives: The main goal of this work is to compile and verify the effectiveness of the compensation program for ice hockey players in the older school age category.

Methods: In our work, we used the empirical qualitative type of research of one 10 - member control group of ice hockey players of the same age group, aged 12-13, conceived as a quasi-experiment. The muscle imbalances are evaluated in the practical part. Based on the results of the input diagnostics of the postural and phasic muscles we built a compensation program containing a battery of exercises set up to release, stretch and strengthen the most problematic areas of the movement apparatus of ice hockey players. The results evaluate the effectiveness of the compensation program, which has been running for ten months.

Results: The work proved the hypothesis that the compensation program works. The compensation exercises positively influence the muscle imbalances. The control group has achieved better results in output testing.

Keywords: Muscle imbalance, ice hockey, testing, compensation exercises, older school age.