

# **Abstract**

## **Title:**

Training of skating technique for pupils 9 – 10 years

## **Objective:**

Analyze the system and the theoretical methods for ice skating in ice hockey. From the information obtained, then create a stack of training exercises to develop skating skills for pupils aged 9 - 10.

## **Methodology:**

In the theoretical part of the thesis was used the method of research. Another method was the compilation of information from the acquired sources of literature, electronic resources and articles. The descriptive-analytical method was used in the main part of this work.

## **Results:**

The result is a stack of training exercises for the development of skating skills for pupils aged 9-10 years.

## **Key words:**

Skating, hockey, didactics, younger school age, exercise