

Abstract

Title: Development of agility during on-ice and off-ice trainings for ice hockey players in the youth category.

Objectives: This diploma thesis is mainly focusing on verify whether off-ice training or on-ice training is more effective and cause better agility improvement on the ice. Another goal of the thesis is to experimentally verify if there is a motoric transfer to agility on ice due to agility training off the ice.

Methods: In this experiment, I had seven participants divided into two separated groups. The task for the groups was to undergo two, one month training programs, on - ice and off - ice. Results were measured by method of quantitative analysis of motoric test results.

Results: In both of the monitored groups, the results were improved in two out of six tests. For the research, the participants were divided into two groups. Both groups completed a month long training program on ice and off ice. In the direct 6.1m sprint test, direct 35m sprint and S - Corner, the results did not change. In the slalom-puck test, a difference was found in the *Cohen's d* values between the group which began only on ice and in the group that was beginning office after both periods. The result of the reaction test was by *Cohen's d* same as in the slalom-puck test.

Keywords: Ice hockey, agility, training, youth, change of direction