

Abstract

Title: Speed stimulation during the ice hockey season in a category of younger cadets

Objectives: The main purpose of this Bachelor Thesis is to discover the effectiveness of the two-month plan focused on the speed progress during the ice hockey season 2017/2018 in a category of younger cadets.

Tasks: Based on the literature review, prepare a two-month speed practise program and apply it during the ice hockey season in a category of younger cadets,
Do motor tests which evaluate a state of motor abilities,
Compare results of the motor tests between individual players and dates of the testing,
Find out the effectiveness of the six-month speed practise program.

Methods: The research was realized using a motor testing method.

Hypotheses: H1: I presume that there will be an improvement in the speed tests on ice. H2: I presume that there will be a great improvement in the speed tests on the ground. H3: I presume that there will be an association between the improvement on the ice and on the ground.

Results: Average improvement can be noticed in speed test running up the stairs (0,17 second + – 0,32). The results of the other two tests did not prove a great improvement.

Conclusion: Contrary to earlier expectations, only one of the set out hypothesis was confirmed as valid.

Keywords: Speed Practise, Ice Hockey, Younger Cadets, Season