

## **Abstract**

**Title:** Analysis of conditional training in Czech extraleague and NHL at selected clubs

**Objectives:** Analysis and comparison of choosen parameters of conditioning training made by interview at selected clubs playing in the best leagues – Czech extraleague and NHL

**Methods:** We used method of analysis and method of comparision in this thesis. Method of analysis was used when we were analysing the conditioning in each club, method of comparision was used in the part when we were comparing the information we got from conditioning coaches.

**Results:** Based on analysis and comparision of approaches of conditioning coaches from Piráti Chomutov and Chicago Blackhawks we can claim that the approach of both coaches is different. Conditioning training in Piráti Chomutov is common, while conditioning training in Chicago Blackhawks is individual.

**Keywords:** ice hockey, differences, year training periodization, best leagues, testing