

Abstract

Title: Use of Crossfit in junior ice hockey pre-season training

Objectives: Main idea of this thesis was to prove, that Crossfit is usefull in ice hockey while pre-season. We aimed to proved crossfit improvment at generally condition presupposition, compare to other training method. Main area of condition were speed and power presupposition.

Methods: In our thesis we used a method of analysis and a method of comparison. We appllied the method of analysis in pre-season of ice hockey and the method of comparison in comparing the two different types of training method. We used Crossfit as training method, which was applied on junior hockey team in second junior hockey league in Czech Republic.

In the period under consideration of the performance stage we assess the change of power and speed performances of the ice hockey players. To assasmnet we used battery of test which is identify for Czech junior hockey league. Most improvement was observed in power presupposition on lower body.

Results: This thesis proved that Crossfit can be used in pre-season training oj junior hockey. At the same time proved that explosive power assumption on players which used Crossfit like training method. Largest effect of progression were at explosive power presupposition. This result was in skater jumps.

Keywords: Crossfit, ice hockey, speed, power