

Abstract

Title: Development of speed skills in ice hockey in categories U11, U13, U15

Objectives: This master thesis is mainly focusing on verify whether the development of speed skills on the ice in ice hockey is effective off-ice training. Another goal of the thesis is to experimentally verify if the development of speed skills has a different impact on selected age groups according to the same intervention program.

Methods: In this master thesis was used the method of quantitative analysis of results. The measurement took place in the form of motor tests, which were compared between two research groups.

Results: All categories were divided into two research groups, which completed a six-week intervention training program on-ice and off-ice or only on-ice. In the 20 m direct sprint test and test stop and start, there was a significant improvement more in the experimental group of all categories, which we assessed according to Cohen's d. In the reaction test, only the experimental group U15 improved. In the last agility Illinois test, experimental groups U13 and U15 improved. For the other groups, the players either did not improve significantly or both groups improved equally. Subsequent comparisons between categories showed that the younger categories improved more than the older ones.

Keywords: Ice hockey, speed ability, youth, off-ice training