

Title

Comparing current levels of general and special presumptions for strength and speed at 12-14 years old ice hockey players.

Keywords

Ice hockey, strength capabilities, speed capabilities, plyometric muscle activity.

Abstract

The age of 12-14 is most suitable for speed capability development and for beginning of strength training. According to special sources, speed and strength are considered significant at individual ice hockey player performance. That's why we've tested current level of maximal acceleration and comprehensive speed of skating. We compared these results to achievements in explosive power and plyometric tests. The research confirmed average relation between dynamic explosive power and comprehensive speed of skating. The relation between dynamic explosive power and maximal acceleration isn't significant. The plyometric muscle activity test is suitable for examining a dynamic strength of lower extremities.