

Abstract

Thesis name: Strength abilities stimulation for children in the age of 6 – 15 years

Thesis aims: To describe theoretical basis of stimulation of children strength skills. To design the conception for children strength training and to find suitable methods, means and forms of stimulation of children strength skills.

Method: Qualitative analysis of documents' content was used for identification of main theoretical basis of stimulation of children strength skills. Determiners of children strength development were described on the basis of deeper analysis. Main theoretical resources were finally joined into logical complex by the method of synthesis. On this basis the conception of strength abilities stimulation could be made and suitable methods, means and forms of children strength training could be chosen.

Results: Brings insight to stimulation of children strength abilities theme, describes basic theoretical basis and determiners of children strength development and describes suitable methods, means and forms of children strength training in the framework of strength training.

Keywords: children, strength, stimulation, theory, determiners, ontogenesis, physiology, morphology, methods, means, forms, ice-hockey