

Abstract

VYUŽITÍ SPECIÁLNÍCH POMŮCEK V TRÉNINKU HOKEJOVÉ MLÁDEŽE V PŘÍPRAVNÉM OBDOBÍ

Objectives: A usage of special equipment in practice in ice-hockey during off-ice practice and its further analysis and evaluation.

Methods: To get the aim of comparing a common practice and a special practice I will use special exercises for a speed of learning of new skills. The new methods will be used in a modern practice. I will observe reactions of children about the other kind of practice and effectiveness of modern practice as well.

Results: Results of modern practice show that children like learning new activities and methods. More various practices were better for their motivation and interest. A practice was much more intensive when I used suitable game-like methods. Effectiveness of learning raised when I used modern practice.

Keywords: Balance exercises, bosu training, carts, stick handling, wooden or golf balls, stickhandling board, power skating, core.