

ABSTRACT

Title of work: The evaluation of speed and strenght abilities during season in 18-21 years old ice-hockey players

Aim of work: Determine the effectiveness of the six-week booster plan and find out what was the strength development during the season 2012/2013 in the category of junior hockey.

Method: Motoric tests. For testing, we used tests nadhmatem pull-up, chin-up, Leh sed and test bench press with load 67 kg. Each test was performed on the maximum number of repetitions. Correct movement is without interruption and disruption of rules of testing.

Results: The six-week fitness plan demonstrated superior efficiency compared to previous reinforcement in the form of circuit training. Average test scores increased by four times the pull-up test overhand grip, three reps in chin-up test on two repetitions in the bench press test with 67.5 kg weight and four repeat the sit-up test . Players were unable to stay on stable power capacity during the season 2012/2013.

Key words: Development of force skills, strength, training period, ice hockey