

Abstract

Title: Stimulation of explosive strength in annual training cycle.

Objectives: The aim of this work is to design a training program explosive strength for each period of annual training cycle.

Methods: In our thesis we used a method of analysis and a method of comparison. The analysis method we used in the analysis of individual types of strength capabilities of each period and annual training cycle and comparison method of comparing the information obtained from literature and expert consultations.

Results: We created training programme of explosive strength for each period of annual training cycle.

Keywords: explosive strength, ice hockey, off – ice training

