

Abstract

- Title:** Basic stand and stickhandling development in ice hockey with aids for youth players
- Goal:** The main goal of this thesis is introduced skills development in ice hockey. Thesis is focusing on stick-holding and stick-handling with stock of drills for improvement.
- Tasks:** Task number 1 - study of professional literature
Task number 2.- recommendation of the ideal stick length for younger players
Task number 3.- correct sticking in different situations
Task number 4 - introduction of individual aids
Task number 5 - Preparatory exercises on stick technique
- Methodics:** Thesis was written by method searching from available literature, electronic resources and domestic and foreign articles
- Key words:** Ice hockey, stickhandling, skating, shooting, training drills, youth age