

## **Abstract**

**Title:** Warming up for ice hockey

**Objectives:** The aim of these bachelor theses is to create a survey about warm up for ice hockey. Based on a survey, study of specialized literature and consultation with selected trainers I suggest a battery of exercises on a selected part of self-myofascial release with selected tools (foam rollers, balls).

**Methods:** For the purpose of this bachelor thesis a quantitative scientific method was used. The data was obtained using the poll method. Data has been embedded in Excel. From these data, tables and charts were created.

**Results:** Players spend longer time before the game than before training. Next results have confirmed that players have knowledge of mobilization, activation and self-myofascial release exercises. They use specific tools - foam rollers, resistance bands and balls. I create a battery of exercises for self-myofascial release.

**Keywords:** ice hockey, warming up, foam roller, mobility, SMR