

Abstract

Title:

Influence of skating technique on skating speed in players aged 8-10

Objektive:

Search theoretic procedures for teaching skating and speed development in ice hockey in available literature. Then create and apply a set of exercises to improve skating techniques for the 8-10 year category. Use skating speed tests to verify the effectiveness of the exercises and demonstrate the effect of the skating technique on skating.

Works:

- Look for theoretical techniques for skating techniques and ice hockey.
- Create and apply a set of exercises to develop ice skating techniques.
- Use skating speed tests to verify the effectiveness of the selected exercises.
- Compare the test results between three teams with a different volume of skating training.

Results:

Find out the effect of skating technique on skating speed.

Hypotheses:

1. Players aged 8-10 will have comparable lead times in each test in all three teams.
2. Speed skating can be developed by improving skating techniques.
3. More skating training means more improvement in skating speed.

Key words:

Ice hockey, skating, skating speed, skating technique, 8-10 years.

