

## Abstract

Title (Theme works): Training and improvement of the sport individual activities  
(puck handling, shooting)

Student: Bohumil Jahn

Supervisor: PhDr. Vladimír Süß, Ph.D

Plans: Check the efficiency of the chosen progresses for the training and improvement of the sport individual activities with the use of video-analysis – puck handling, shooting

Methods: pedagogic experiment – training, improvement, video-analysis

Results: the used methods show the improvement and positive using of video-analysis

Key words: ice hockey, puck handling, shooting, video-analysis