

Abstrakt

Title: The use of regenerative procedures in ice hockey players

Goals: My main aim in this thesis was to identify which recovery procedures are most frequently used among ice hockey players and to determine the frequency of their use. I focused on examining the impact of these procedures on individual players. My intention was not only to determine the popularity and regularity of the use of specific recovery methods, but also to understand how these treatments affect players' psychological well-being, performance and ability to cope with stressful situations during competitive matches.

Methods: To obtain data, I created an anonymous non-standardized online questionnaire in Czech language, which was designed specifically for ice hockey players over 18 years of age. The questionnaire was designed to allow players to share their experiences with different aspects of their training and recovery regimen. A total of 70 ice hockey players representing different ice hockey leagues and competition levels participated in the research. This diversity of participants allowed a wide range of data to be collected and provided a comprehensive view of the recovery practices and preferences of hockey players across different competitions.

Results: Using a survey, it was found that ice hockey players prefer ice baths as the main regeneration procedure, which fall under water procedures. These treatments are among the most frequented and are regularly used by players 2-3 times a week. The results of the survey showed that players felt a significant improvement in their mental condition after the recovery treatments. In addition, they reported that regular use of these methods significantly increased their ability to cope with stressful situations. Furthermore, the players noted that regular regeneration contributed to an improvement in their performance during championship matches, leading to better results and higher overall satisfaction with their sporting performance.

Key words: regeneration; ice hockey; fatigue; preferences