

Abstract

Title: Fundamental movement patterns and their use in U13 ice hockey players off the ice

Objectives: The aim of my thesis was to create an optimal program for the learning of basic movement patterns in strength training for U13 ice hockey players.

Results: The program was made up of six basic movement patterns for the lower and upper body. Data analysis of individual players was performed using the subjective scaling method. Data obtained from individual measurements, were described using descriptive statistics.

Key words: ice hockey, the content of off- ice training, strength training, youth, movement patterns