

Levels of training indicators in the annual training of young hockey players

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Summary

This paper presents the means of control used in a competitive sport (ice hockey), including changes in aerobic and anaerobic capacity indicators between training periods.

The study was carried out with 14 ice-hockey players (n=14), pupils at the Sport Championship School run by the Polish Ice Hockey Federation in Sosnowiec. All tests were performed in the early general preparation period (June), in the early competition period (November), and during the direct preparation period (March) directly for the main sporting event of the season – the Ice Hockey U-18 World Championship Division I Group B.

The values of three of the four aerobic capacity indicators were the lowest in the direct preparation period and the highest in the early competition period. The fact that the values of all anaerobic capacity indicators were the highest in the direct preparation period indicates that the study participants were well prepared for the specific demands of on-ice competition.

Key words: ice hockey, training, aerobic and anaerobic capacity