

The phenomenon of the Czech hockey was the impulse standing behind a creation of a publication which would describe background and application of dry condition training in ice hockey. The primary aim is a description of current knowledge of condition training of hockey players. The results of theoretical research and transfer of theoretical information into practice mean for coaches and players impulses, which reflects on progression in teams and individual performances. Analysis of theoretical background and outline of the trends in the development of motor skills of so-called dry preparation may help coaches to gain a high level of professional competence as well as making efficient the training process.