

Abstract

TE 133375

The objective of this study was to establish the training program of agility in hockey players. The subjects, 15 female hockey players, 19–22 year old were measured the general agility by using shuttle run test and the specific agility by using the test of playing an indirect the 3 post (the hockey skilled providing program) The test were performed before and after 6 weeks of training. The data was analysed by Paired – test.

After training, the time of the both tests were significantly decreased ($p < 0.001$) The results of this study demonstrate improved the agility in hogkey players.