EDUPROSPORT professional training

COURSE: **A002**

SPONSOR

Pavol Čupa

LECTURER

Michal Sabo

LANGUAGE

EN RU SK

DURATION (TIME)

1 hour

PLACE

Conference room

DIFFICULTY

LEVEL 1

Model of Hockey Player Individual Development

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Understand the fundamental actions for individual player development. You will understand what all the training units consist of. Options for suitable connection of products and player development. Know the proper way of training process in HDC: Sport testing, creation of a training plan, implementation of training plan, reassessment, individual approach to the clients, the possibility of objectification sport testing and management training)

COURSE OUTLINE

- **1. Topics covered individual preparation Player**
  - Mental preparation
  - Training
  - Diet
  - Regeneration
- **2. The process of preparing the individual player**
  - Health tests
  - Initial testing
  - Training Plan
  - Training process
  - Continuous testing
  - Final testing
  - Evaluation and reports
  - Creating annual year training plan, with micro mezo cycles
- **3. Sport testing**
  - The health status
  - Condition-coordination skills
  - Testing on Ice
  - Testing on dryland
  - Testing on treadmill
  - Wingate test
- **4th Ages and their specifics in the preparation of individual player**
- philosophy of training in HDC
- use of sport testing in the training process
- Training schedule
- philosophy of training - both theory and practice, planned outputs

WHO THE COURSE IS FOR

Hockey coaches, hockey center managers

REQUIRED SKILLS

Hockey coaching license, basic computer skills, basic experience with leading training process in ice hockey.

LINK TO PRODUCT DETAIL

www.hockeydts.com/packages/

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/A002

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