

COURSE: **CC003**

#### SPONSOR

Eugen Laczó

#### LECTURER

Eugen Laczó

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

2 hours

#### PLACE

Conference room

#### DIFFICULTY



# Effectiveness Assumptions of Somatic Adaptation Processes in Ice Hockey. Players Focused on Specific Trainability Development

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Know the possibilities of the organism and how its able to adapt to different types of loads. This information is necessary for the proper planning of intensity and volume indicators. You will get an overview of the concept of the body burden in different areas of preparation and evaluation of training effect options.

## COURSE OUTLINE

- Timing of adaptation of the organism to the training load
  - Adaptive mechanisms of the various systems on strength training -Adaptive mechanisms of the various systems on aerobic endurance training -Adaptive mechanisms of the various systems on speed training -Adaptive mechanisms of the various systems on anaerobic endurance training
- Dynamics of load in the different areas of preparation
  - Synchronous adaptation effect in the training process -Asynchronous adaptation effect in the training process
- Immediate, delayed and cumulative effect of training load
  - Options of immediate evaluation in the training load -Options of delayed evaluation in the training load -Options of cumulative evaluation in the training load

## WHO THE COURSE IS FOR

Hockey coaches

## LINK TO COURSE DETAIL

[www.eduproport.com/en/course/CC003](http://www.eduproport.com/en/course/CC003)