

COURSE: **CC004**

#### SPONSOR

Eugen Laczó

#### LECTURER

Eugen Laczó

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

2 hours

#### PLACE

Conference room

#### DIFFICULTY



EduProSport  
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# Creating a training plan and game plan about correct loads. - Diagnostics of training level

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

Objectively evaluate the biological age of a player and then determine the correct training load in terms of volume, intensity, complexity stimuli respectively mental performance. Our course will help you develop an appropriate training plan view of the current individual needs of each player.

## COURSE OUTLINE

- Stress, load, state of various body functions of a player
- Dynamics of physiological and biochemical parameters in different types of load
- Catabolic and anabolic states in the body
- Systemic approach to load for players
- The structure of the external load
- The structure of the internal body load
- Dynamics of energy systems in the training and game
- Recovery phase energy potential in the training and game load
- Planning and creating models of training load

## WHO THE COURSE IS FOR

Hockey coaches

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/CC004](http://www.eduprosport.com/en/course/CC004)