

COURSE: **DG003**

SPONSOR

Milan Kabat

LECTURER

Milan Kabat

LANGUAGE

EN RU SK

DURATION (TIME)

60 min

PLACE

Gym

DIFFICULTY



Conditioning Skating Tests on HST

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Use beeSPORT | Tester StridePower which contains a set of tests specifically designed for hockey players. Testing with StridePower is possible only on special skating treadmill and while using diagnostic equipment StridePower. The uniqueness of this device lies in the possibility to directly measure performance statistics while skating. We recommend using StridePower not only for testing and evaluation, but as well as a normal part of daily training, due to the possibility of immediate and objective feedback.

COURSE OUTLINE

- Purpose and meaning, philosophy of testing and diagnosis
- Testing phases (data collection, analysis, reports)
- Hardware equipment required for testing
- Hardware maintenance, charging
- Starting the program
- Program set up
- Athlete evidence
- Standards, distribution, meaning
- Test day, test plan
- Test selection
- Description of the standard testing and video demonstration
- Implementation of testing, ensuring same condition for every tested athlete
- Instant comparison with the standard during testing
- Processing the results in a central database
- Online report results
- Individual reports of a player
- Team reports
- Parallel testing on several laptops at once
- Standardized test sets: Advance Entry
- beeSPORT | Tester as a motivator while training

WHO THE COURSE IS FOR

Coaches in hockey centers which owns skating treadmill, sports clubs

REQUIRED SKILLS

Basic computer skills

LINK TO PRODUCT DETAIL

[/www.hockeydts.com/beesport](http://www.hockeydts.com/beesport)

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/DG003

EduProSport

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