

**COURSE: FS007**

#### SPONSOR

Peter Solmoši

#### LECTURER

Peter Solmoši

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

30 min

#### PLACE

Presentation room

#### DIFFICULTY



EduProSport  
Marie Curie Skłodowskiej 1/A  
851 04 Bratislava  
info@eduprosport.com  
www.eduprosport.com  
+421 907 959 888

# Increasing the complexity of the exercises (individual game skills)

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

Identify what ways individual playing activity can improved on HST, know the proper technique design of each individual playing activity, evaluate the technique of each individual playing activity statistics, use the proper methodology in practice in different ways, use appropriate training exercises in various ways, use appropriate training aids

## COURSE OUTLINE

- familiarization with basic theoretical knowledge
- familiarization with the fundamental exercises used in training on the skating treadmill
- familiarization with the basic methods used in the practice of individual skills on the skating treadmill
- familiarization with the most common use of SW (PNS delay Live, Instructor, first beat) in the training process

## WHO THE COURSE IS FOR

Coaches in sport centers which owns hockey tradmill, sports clubs

## REQUIRED SKILLS

Basic experience with leading training process in ice hockey, practical experience with training individual players.

## LINK TO PRODUCT DETAIL

[www.hockeydts.com/packages/fusion-skating/](http://www.hockeydts.com/packages/fusion-skating/)

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[www.eduprosport.com/en/course/FS007](http://www.eduprosport.com/en/course/FS007)