

COURSE: FS009

SPONSOR

Milan Kabat

LECTURER

Milan Kabat

LANGUAGE

EN RU SK

DURATION (TIME)

60 minutes

PLACE

HST room

DIFFICULTY



EduProSport
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Condition skating

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

determine the condition capabilities that can be improved on Hockey treadmill, know the correct methodology for the development of condition selected skills, assess the level of player preparedness, use the appropriate exercises for the development of selected skills of condition, use suitable tools for the development of condition selected skills (PSN, Instructor, liveDelay, Firstbeat)

COURSE OUTLINE

- familiarization with basic theoretical knowledge
- familiarization with the fundamental exercises used in the development of condition skills on the hockey treadmill
- familiarization with the basic methods used in the development of condition skills on the hockey treadmill
- practical familiarization with the basic exercises and methodology used to develop the condition on hockey 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 treadmill, sports clubs

REQUIRED SKILLS

Basic experience with leading training process in ice hockey, practical experience and training with conditioning and coordination skills

LINK TO PRODUCT DETAIL

www.hockeydts.com/packages/fusion-skating/

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/FS009