

COURSE: FS010

SPONSOR

Milan Kabat

LECTURER

Milan Kabat

LANGUAGE

EN RU SK

DURATION (TIME)

1 hour

PLACE

HST room

DIFFICULTY



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

Creation of Training session on HST

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

set a target training plan, know the appropriate structure and types of training plan, know the factors affecting the formation of training plan, establish an appropriate training plan for training technical skills on HST and practice condition on hockey treadmill

COURSE OUTLINE

- familiarization with basic theoretical knowledge of training on HST
- Know the basic structure of training on HST
- creating training unit (skating and subsequent implementation on the Hockey treadmill)
- creating training unit (stick handling and the subsequent implementation on the Hockey treadmill)
- creating training unit (condition skating)

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 and creating training plan.

LINK TO PRODUCT DETAIL

www.hockeydts.com/

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/FS010