

COURSE: **CC001**

SPONSOR

Eugen Laczó

LECTURER

Eugen Laczó

LANGUAGE

EN RU SK

DURATION (TIME)

2 hours

PLACE

Conference room

DIFFICULTY



EduProSport
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Content Analysis of Sport Performance Structure in Ice Hockey

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Identify individual limiting, optimizing and complementary factors of sport performance. Their mutual conditionality makes it possible to optimize the content of the training load in individual age categories and levels of training of ice hockey players. At the same time, the participant learns about the energetic, mental and emotional difficulties of individual and team performance in ice hockey.

COURSE OUTLINE

- Systemically - structural approach to ice hockey performance
- Defining the limiting, optimizing and complementary factors of ice sport performance
- Expanding knowledge in the field of mutual factor conditionality in long-term sport preparation as well as in the one-year training cycle

WHO THE COURSE IS FOR

Hockey Coaches

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/CC001