

COURSE: **CC005**

#### SPONSOR

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Eugen Laczó

#### LECTURER

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Eugen Laczó

#### LANGUAGE

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EN RU SK

#### DURATION (TIME)

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2 hours

#### PLACE

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Conference room

#### DIFFICULTY

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# Content creation of load in the period after various injuries in hockey, regeneration and rehabilitation of block preparation

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

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Prevent injuries by choosing appropriate exercises and perfect organization of training. You will be able to consider surges respectively overtraining organism and correct interpretation of the current status of the organism. You will also learn how to conduct training in the reconditioning process, regeneration and rehabilitation using training with emphasis on the selection of special and general training means supporting an increase in total body fitness of an athlete.

## COURSE OUTLINE

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- Prevention as a basis for the prevention of injury and overtraining
  - Optimizing selection of training resources
  - The use of compensatory exercises in training microcycle
  - Stabilizing exercises as a precondition for increasing training load
- Objectives and tasks of reconditioning using sports training
  - Diagnosis of the current level of fitness
  - Dosage system for general and special training methods in weekly microcycle
  - Relation of volume and load intensity in reconditioning block preparation
- The objectives and tasks of the load in the recovery block preparation
  - Determine the current state of health statistics
  - The choice of training resources and their implementation under aerobic conditions
  - How to speed up the regenerative processes of the body
- The objectives and tasks of the load in the rehabilitation of block preparation
  - The level of injuries as a basis for adequate content creation of Motion Program
  - Individualization of training program
  - Increase in aerobic proficiency of the organism
  - Gradual Recovery innervation patterns and movement chains in special physical structure under aerobic conditions

## WHO THE COURSE IS FOR

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Hockey coaches

## LINK TO COURSE DETAIL

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[www.eduprosport.com/en/course/CC005](http://www.eduprosport.com/en/course/CC005)

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