

**COURSE: FS001a**

### SPONSOR

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Peter Solmoši

### LECTURER

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Peter Solmoši

### LANGUAGE

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EN RU SK

### DURATION (TIME)

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1 hour

### PLACE

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Presentation room

### DIFFICULTY

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EduProSport  
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# Theory of skating

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

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Define and understand skating from a biomechanical point of view. Divide skating, as a basic movement on ice, into individual phases. Participants will also study basic factors and parameters that influence the effectiveness of skating and interpret specific key positions that have a direct impact on the skating technique.

## COURSE OUTLINE

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- Definition of skating
- Basic phases of skating
- Factors influencing the effectiveness of skating
- Tracking parameters for skating analysis
- Interpretation of key positions in skating

## WHO THE COURSE IS FOR

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Coaches in sport centers which owns hockey tradmill

## REQUIRED SKILLS

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Advanced skating skills, basic knowledge of skating theory

## LINK TO COURSE DETAIL

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[www.eduproport.com/en/course/FS001a](http://www.eduproport.com/en/course/FS001a)