

COURSE: **FS011**

SPONSOR

Milan Kabát

LECTURER

Milan Kabát

LANGUAGE

EN RU SK

DURATION (TIME)

1 hour

PLACE

HST room

DIFFICULTY



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

Creating a training plan to practice technical skills and condition

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

set a target training plan, know the appropriate structure and types 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
- Creation of a training plan - skating technique
- Creation of a training plan - Game activities of an individual
- Creation of a training plan - 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/packages/fusion-skating/

LINK TO COURSE DETAIL

www.eduproport.com/en/course/FS011