

COURSE: FS001b

SPONSOR

Peter Solmoši

LECTURER

Peter Solmoši

LANGUAGE

EN RU SK

DURATION (TIME)

15 min

PLACE

Conference room

DIFFICULTY



EduProSport
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Systematics of skating

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Participants will be familiarized with basic goals of work with hockey treadmill with aim to develop player skills in several levels. They will get familiar with the skating treadmill workout algorithm to keep the logical following of separated levels and to bring the desired improvement effect to the player.

COURSE OUTLINE

- primary goals of working with the hockey treadmill
- algorithm for work with hockey treadmill

WHO THE COURSE IS FOR

Coaches in sport centers which owns hockey treadmill

REQUIRED SKILLS

Basic knowledge of ice hockey systematics

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/FS001b