

COURSE: **FS001c**

#### SPONSOR

Peter Solmoši

#### LECTURER

Peter Solmoši

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

1 hour

#### PLACE

Conference room

#### DIFFICULTY



EduProSport  
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# Methodics of skating on HST

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

Course participants will handle the training process with the player who is on Hockey treadmill for the first time. Gradually, players will go through processes such as adapting to a hockey treadmill and pre-training exercises for skating on treadmill. Participants will also be able to evaluate skating technique of the player and then by methodical practice through training and refinement eliminate the shortcomings of skating technique. Use appropriate exercises from the exercise database and use tools to help speed up the didactic process.

## COURSE OUTLINE

- Adapting of skating on treadmill
- Preparatory exercises
- Training algorithm of skating on treadmill
- Improvement algorithm of workout on hockey treadmill
- Reaching of separated levels of skating on treadmill

## WHO THE COURSE IS FOR

Coaches in sport centers which owns hockey treadmill

## REQUIRED SKILLS

Basic knowledge of methodological procedures and principles

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/FS001c](http://www.eduprosport.com/en/course/FS001c)