

## COURSE: **FS014**

### SPONSOR

Milan Kabát

### LECTURER

Milan Kabát

### LANGUAGE

EN RU SK

### DURATION (TIME)

60 min

### PLACE

Skatemill room

### DIFFICULTY



EduProSport  
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# Training with coaches on HST

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

Define what motor skills are, what is the division of motor skills from the sport performance structure point of view and from a motor and functional point of view. The trainer will be able to explain the widespread knowledge of strength, speed, endurance and coordination. Motor skills form the basis for creating a training program and determine the area of special and general diagnostics of the player. They are the base stone of the general and special activity of the ice hockey trainer.

## COURSE OUTLINE

- Structure of motion skills
- Division of coordination / condition / strength / speed / endurance capabilities
- Application in the training process

## WHO THE COURSE IS FOR

Hockey Coaches

## REQUIRED SKILLS

Practical experience in sport training, to know the basic division of motion skills - fitness and coordination skills

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/FS014](http://www.eduprosport.com/en/course/FS014)