

COURSE: **CC001**

#### SPONSOR

---

Eugen Laczó

#### LECTURER

---

Eugen Laczó

#### LANGUAGE

---

EN RU SK

#### DURATION (TIME)

---

2 hours

#### PLACE

---

Conference room

#### DIFFICULTY

---



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

# Content Analysis of Sport Performance Structure in Ice Hockey

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

---

Identify individual limiting, optimizing and complementary factors of sport performance. Their mutual conditionality makes it possible to optimize the content of the training load in individual age categories and levels of training of ice hockey players. At the same time, the participant learns about the energetic, mental and emotional difficulties of individual and team performance in ice hockey.

## COURSE OUTLINE

---

- Systemically - structural approach to ice hockey performance
- Defining the limiting, optimizing and complementary factors of ice sport performance
- Expanding knowledge in the field of mutual factor conditionality in long-term sport preparation as well as in the one-year training cycle

## WHO THE COURSE IS FOR

---

Hockey Coaches

## LINK TO COURSE DETAIL

---

[www.eduproport.com/en/course/CC001](http://www.eduproport.com/en/course/CC001)