EDUPR SPORT training

COURSE: FS003

SPONSOR

Peter Solmoši

LECTURER

Peter Solmoši

LANGUAGE

EN RU SK

DURATION (TIME)

45 min.

PLACE

HST room

DIFFICULTY



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Instructor, Shooter, Peripheral Navigation

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Use the Instructor program and its basic functional units, set program parameters. We will teach you to work with a list of exercises, exercise selection, use templates and play exercises. You will learn to use the Peripheral Navigation & Shooter, and set your own training model.

COURSE OUTLINE

- Start the program
- Basic operations with touch screen
- Exercises selections
- $\circ~$ Creation of own training models
- $\circ~$ Filtering the difficulties
- Description of exercises
- $\circ~$ Working with Instructor, Shooter, Peripheral Navigation
- $\,\circ\,$ Selection of training models for Instructor, Shooter, Peripheral Navigation

WHO THE COURSE IS FOR

Coaches in hockey centers which owns skating treadmill.

REQUIRED SKILLS

Basic computer skills.

LINK TO PRODUCT DETAIL

/www.hockeydts.com/hockey-training-facilities

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/FS003