

**COURSE: FS008**

### SPONSOR

Peter Solmosi

### LECTURER

Peter Solmosi

### LANGUAGE

EN RU SK

### DURATION (TIME)

90 min

### PLACE

HST room

### DIFFICULTY



EduProSport  
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# Skating on Skatemill (coaches)

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

determine what methods on Hockey treadmill can improve skating, know the correct technique of skating, use appropriate training exercises in various ways of skating, use appropriate training aids in different ways, making good use of SW (PN, Shooter, Instructor, liveDelay).

## COURSE OUTLINE

- familiarization with basic theoretical knowledge
- familiarization with the fundamental exercises used in training on the skating treadmill
- familiarization with the basic methods used in the practice on the skating treadmill
- familiarization with the most common use of SW (PN, Shooter, Live Delay, Instructor) in the training process

## WHO THE COURSE IS FOR

Coaches in sport centers which owns hockey treadmill, sports clubs

## REQUIRED SKILLS

Basic experience with leading training process in ice hockey and creating training plan.

## LINK TO PRODUCT DETAIL

[www.hockeydts.com/packages/fusion-skating/](http://www.hockeydts.com/packages/fusion-skating/)

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[www.eduprosport.com/en/course/FS008](http://www.eduprosport.com/en/course/FS008)