

**COURSE: FS009**

### SPONSOR

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Milan Kabat

### LECTURER

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Milan Kabat

### LANGUAGE

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EN RU SK

### DURATION (TIME)

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60 minutes

### PLACE

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HST room

### DIFFICULTY

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EduProSport  
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# Condition skating

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

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determine the condition capabilities that can be improved on Hockey treadmill, know the correct methodology for the development of condition selected skills, assess the level of player preparedness, use the appropriate exercises for the development of selected skills of condition, use suitable tools for the development of condition selected skills (PSN, Instructor, liveDelay, Firstbeat)

## COURSE OUTLINE

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- o familiarization with basic theoretical knowledge
- o familiarization with the fundamental exercises used in the development of condition skills on the hockey treadmill
- o familiarization with the basic methods used in the development of condition skills on the hockey treadmill
- o practical familiarization with the basic exercises and methodology used to develop the condition on hockey treadmill
- o familiarization with the most common use of SW (PNS delay Live, Instructor, first beat) in the training process

## WHO THE COURSE IS FOR

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Coaches in sport centers which owns hockey treadmill, sports clubs

## REQUIRED SKILLS

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Basic experience with leading training process in ice hockey, practical experience and training with conditioning and coordination skills

## LINK TO PRODUCT DETAIL

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

## LINK TO COURSE DETAIL

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[www.eduproport.com/en/course/FS009](http://www.eduproport.com/en/course/FS009)