

COURSE: FS001a

SPONSOR

Peter Solmoši

LECTURER

Peter Solmoši

LANGUAGE

EN RU SK

DURATION (TIME)

1 hour

PLACE

Presentation room

DIFFICULTY



EduProSport
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Theory of skating

AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Define and understand skating from a biomechanical point of view. Divide skating, as a basic movement on ice, into individual phases. Participants will also study basic factors and parameters that influence the effectiveness of skating and interpret specific key positions that have a direct impact on the skating technique.

COURSE OUTLINE

- Definition of skating
- Basic phases of skating
- Factors influencing the effectiveness of skating
- Tracking parameters for skating analysis
- Interpretation of key positions in skating

WHO THE COURSE IS FOR

Coaches in sport centers which owns hockey treadmill

REQUIRED SKILLS

Advanced skating skills, basic knowledge of skating theory

LINK TO COURSE DETAIL

www.eduprosport.com/en/course/FS001a