

COURSE: **FS010**

#### SPONSOR

Milan Kabat

#### LECTURER

Milan Kabat

#### LANGUAGE

EN RU SK

#### DURATION (TIME)

1 hour

#### PLACE

HST room

#### DIFFICULTY



EduProSport  
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# Creation of Training session on HST

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

set a target training plan, know the appropriate structure and types of training plan, know the factors affecting the formation of training plan, establish an appropriate training plan for training technical skills on HST and practice condition on hockey treadmill

## COURSE OUTLINE

- familiarization with basic theoretical knowledge of training on HST
- Know the basic structure of training on HST
- creating training unit (skating and subsequent implementation on the Hockey treadmill)
- creating training unit (stick handling and the subsequent implementation on the Hockey treadmill)
- creating training unit (condition skating)

## 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/](http://www.hockeydts.com/)

## LINK TO COURSE DETAIL

[www.eduprosport.com/en/course/FS010](http://www.eduprosport.com/en/course/FS010)