

## A general overview of the workshops for the ISU Coach Stage 2 -education

Education for preparing independent trainer- coaches. Examples of education themes: didactics, pedagogics, methodology learning skating, implementing fun components into lessons, basic training principles, positive coaching, safety on the ice, skating materials, muscular movement, etc.

### First study weekend

**16 Aug - 18 Aug  
2019**

Heerenveen, The  
Netherlands

Workshop 1: Expertise in training and exercise physiology part 1

*Basic introduction to cardiovascular function, heat discharge and regulatory systems; basic motor functions (coordination, agility, endurance, strength, speed); making a year-long programme*

Workshop 2: Teaching part 1

*Starting situation; lesson preparation; giving feedback; formulating, observing, analysing and evaluating goals*

Workshop 3: Learning basic skills on the ice part 1

*Learning basic skating techniques, starting and braking, correct ways to end and turn*

### Second study weekend

**18 Oct - 20 Oct  
2019**

Berlin, Germany

Workshop 4: Expertise in training and exercise physiology part 2

*Principles of strain and physical tolerance; supercompensation*

Workshop 5: Teaching part 2

*Dealing with conflict; learning strategies and differential learning; creating team thinking atmosphere; safe climate for sports*

Workshop 6: Learning basic skills on the ice part 2

*Learning compact basic posture, stable torso posture, supporting arm movement, stability on one leg, falling movement, shifting the centre of gravity and moving sideways*

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## Third study weekend

**29 Nov - 1 Dec  
2019**

Heerenveen, The  
Netherlands

Workshop 7: Learning basic skills on the ice part 3

*Improving the 'total' skating technique*

Workshop 8: Expertise in training and exercise physiology part 3

*Stimulus parameters (frequency, scope and intensity); refreshing on making the year-long programme*

Workshop 9: Learning basic skills on the ice part 4

*Games and play*

Workshop 10: First aid for skating sports

Workshop 11: Knowledge of equipment

## Fourth study weekend

**3 Jan - 5 Jan 2020**

Berlin, Germany

Workshop 12: Learning basic skills on the ice part 5

*Organising and evaluating skills assessments*

Examination and assessment of the education

Each study weekend starts in the afternoon on the first day (Friday) and ends around lunch time on the last day (Sunday). The study weekends are intensive, to optimise the use of time. To successfully complete the education, a participant will need to take part in each of the four weekends.

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