

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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