



WORLD SKATE ACADEMY: INLINE SPEED SKATING



UPDATE 29/01/21

ONLINE COURSE - PROGRAM

AFTERNOON LESSONS (Lausanne local time)

| WEEKDAY | DAY | MONTH | YEAR | ATTENDEES | LEVEL | DISCIPLINE | HOURS PER LESSON | START TIME (Lausanne local time) | END TIME (Lausanne local time) | SPEAKER | LANGUAGES |
|---------|-----|-------|------|-----------|-------|--|------------------|-------------------------------------|-----------------------------------|------------------------|-----------|
| Sat. | 6 | Feb | 2021 | Coaches | 1 | Sport Management 1 | 01:15 | 15:00 | 16:15 | Simone Masserini | ENG-SPA |
| | | | | | | Sports Team Management 1 | 01:15 | 16:25 | 17:40 | Elias del Valle | ENG-SPA |
| Sun. | 7 | Feb | 2021 | Coaches | 1 | Antidoping 1 | 01:15 | 15:00 | 16:15 | V.Quintana/A.Gutierrez | ENG-SPA |
| | | | | | | General Regulations | 01:15 | 16:25 | 17:40 | Ismael Ochoa | ENG-SPA |
| Sat. | 13 | Feb | 2021 | Coaches | 1 | Sport Management 2 | 01:15 | 15:00 | 16:15 | Simone Masserini | ENG-SPA |
| | | | | | | Sports Team Management 2 | 01:15 | 16:25 | 17:40 | Elias del Valle | ENG-SPA |
| Sun. | 14 | Feb | 2021 | Coaches | 1 | Antidoping 2 | 01:15 | 15:00 | 16:15 | V.Quintana/A.Gutierrez | ENG-SPA |
| | | | | | | Technical Regulations | 01:15 | 16:25 | 17:40 | Ismael Ochoa | ENG-SPA |
| Sat. | 20 | Feb | 2021 | Coaches | 1 | Sport Nutrition | 01:15 | 15:00 | 16:15 | Raffaella Spada | ENG-SPA |
| | | | | | | Excellence in sports training | 01:15 | 16:25 | 17:40 | Eduardo Becali | ENG-SPA |
| Sun. | 21 | Feb | 2021 | Coaches | 1 | Importance of the technique in youthful ages | 01:15 | 15:00 | 16:15 | Massimiliano Presti | ENG-SPA |
| | | | | | | Specific Theory of Sports Training for Speed Skating I | 01:15 | 16:25 | 17:40 | Iván Vargas | ENG-SPA |
| Sat. | 27 | Feb | 2021 | Coaches | 1 | Tactics in Speed Skating 1 | 01:15 | 15:00 | 16:15 | Pascal Briand | ENG-SPA |
| | | | | | | Different models of sports training | 01:15 | 16:25 | 17:40 | Eduardo Becali | ENG-SPA |
| Sun. | 28 | Feb | 2021 | Coaches | 1 | Tactics in Speed Skating 2 | 01:15 | 15:00 | 16:15 | Pascal Briand | ENG-SPA |
| | | | | | | Specific Theory of Sports Training for Speed Skating 2 | 01:15 | 16:25 | 17:40 | Iván Vargas | ENG-SPA |
| Sat. | 6 | Mar | 2021 | Coaches | 1 | Technique in Speed Skating 1 | 01:15 | 15:00 | 16:15 | Pascal Briand | ENG-SPA |
| | | | | | | Principles and Loads of sports training | 01:15 | 16:25 | 17:40 | Eduardo Becali | ENG-SPA |
| Sun. | 7 | Mar | 2021 | Coaches | 1 | Technique in Speed Skating 2 | 01:15 | 15:00 | 16:15 | Pascal Briand | ENG-SPA |
| | | | | | | Specific Theory of Sports Training for Speed Skating 3 | 01:15 | 16:25 | 17:40 | Iván Vargas | ENG-SPA |
| Sat. | 13 | Mar | 2021 | Coaches | 1 | The Force and the prevention of misfortunes 1 | 01:15 | 15:00 | 16:15 | Carlo Varalda | ENG-SPA |
| | | | | | | Sports Psychology 1 | 01:15 | 16:25 | 17:40 | Andrea Chirico | ENG-SPA |
| Sun. | 14 | Mar | 2021 | Coaches | 1 | The Force and the prevention of misfortunes 2 | 01:15 | 15:00 | 16:15 | Carlo Varalda | ENG-SPA |
| | | | | | | Sports Psychology 2 | 01:15 | 16:25 | 17:40 | Andrea Chirico | ENG-SPA |
| Sat. | 20 | Mar | 2021 | Coaches | 1 | World Skate Coaches AssessmentTest | TBD | TBD | TBD | | |