



WORLD SKATE ACADEMY: INLINE SPEED SKATING



UPDATE 26/01/2022

ONLINE LESSONS - PROGRAM COACHES LEVEL 1

						AFTERNOON LESSONS (Lausanne Local Time)					
WEEKDAY	DAY	MONTH	YEAR	ATTENDEES	LEVEL	DISCIPLINE	# HOURS FOR LESSON	START TIME (Lausanne Local Time)	END TIME (Lausanne Local Time)	SPEAKER	LANGUAGES
Sat.	26	Feb	2022	Coaches	Level 1	TBD	01:00	15:00	16:00	TBD	ENG - SPA
						Excellence in sports training	01:00	16:10	17:10	Eduardo Becali	ENG - SPA
						General Regulation	01:00	17:20	18:20	Ismael Ochoa	ENG - SPA
Sun.	27	Feb	2022	Coaches	Level 1	TBD	01:00	15:00	16:00	TBD	ENG - SPA
						Biologization, loads and training control	01:00	16:10	17:10	Eduardo Becali	ENG - SPA
						Technical Regulation	01:00	17:20	18:20	Ismael Ochoa	ENG - SPA
Sat.	5	Mar	2022	Coaches	Level 1	Tactics in inline speed skating I	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Sports training models	01:00	16:10	17:10	Eduardo Becali	ENG - SPA
						Introduction and overview of Indoor	01:00	17:20	18:20	Joseph Hanna - Lucas Gypsy	ENG - SPA
Sun.	6	Mar	2022	Coaches	Level 1	Tactics in inline speed skating II	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Sport Nutrition	01:00	16:10	17:10	Raffaella Spada	ENG - SPA
						Teaching Indoor drills and rules	01:00	17:20	18:20	Tony Muse	ENG - SPA
Sat.	12	Mar	2022	Coaches	Level 1	Technique I: straight line	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Communication and principles of goal settings	01:00	16:10	17:10	Andrea Chirico	ENG - SPA
						Importance of the technique in youthful	01:00	17:20	18:20	Massimiliano Presti	ENG - SPA
Sun.	13	Mar	2022	Coaches	Level 1	Technique II: corner	01:00	15:00	16:00	Pascal Briand	ENG - SPA
						Communication and motivational skills	01:00	16:10	17:10	Andrea Chirico	ENG - SPA
						TBD	01:00	17:20	18:20	TBD	ENG - SPA
Sat.	19	Mar	2022	Coaches	Level 1	The force and the prevention of injuries I	01:00	15:00	16:00	Carlo Varalda	ENG - SPA
						Anti-doping for coaches I	01:00	16:10	17:10	Andre Gonzalez - Victor Carpio	ENG - SPA
						TBD	01:00	17:20	18:20	TBD	ENG - SPA
Sun.	20	Mar	2022	Coaches	Level 1	The force and the prevention of injuries II	01:00	15:00	16:00	Carlo Varalda	ENG - SPA
						Anti-doping for coaches II	01:00	16:10	17:10	Andre Gonzalez - Victor Carpio	ENG - SPA
						TBD	01:00	17:20	18:20	TBD	ENG - SPA
Sat.	26	Mar	2022	Coaches	Level 1	ASSESSMENT TEST - LEVEL 1			TBD		