

2009-2010  
Focus of Training

week	PHYSICAL	TACTICAL	INDIVIDUAL TACTICS (game playing roles)	TECHNIQUE AND GAME SKILLS	GAMES	U16/U17/U18 team FINLAND									
31	base strength strenght endurance aerobic	dzdp/nzdp/ozdp	roles 3,4	TECHNIQUE + Defensive GAME SKILLS	pre season game										
32		DZOP	roles 1,2	TECH+ DZOP game skills	pre season game										
33					PK/PP	roles 2,4	pk/pp game skills	CAMP SWE							
34								PK/PP	roles 2,4	pk/pp game skills	TOURNAMENT				
35											PK/PP	pre season game			
36	speed elasticity speed strength	NZOP	roles 1,2	TECH+NZOP GAME SKILLS	U18-elite league qualification										
37		NZDP	roles 3,4	NZDP GAME SKILLS											
38						OZOP	roles 1,2	OZOP GAME SKILLS	Play-out						
39									OZDP	roles 3,4	OZDP GAME SKILLS	no games??	U16/U17 kart.Vieru.		
40												PK/PP	roles 2,4	pk/pp game skills	U18-elite league
41	base strength strenght endurance aerobic	DZOP	roles 1,2	DZOP GAME SKILLS	starts	U18 FIN									
42					DZDP	roles 3,4	DZDP GAME SKILLS								
43								PK/PP	roles 2,4	TECHNIQUE					
44											PK/PP	roles 2,4	TECHNIQUE		
45														PK/PP	roles 2,4
46	speed elasticity speed strength tests	DZOP	roles 1,2	DZOP GAME SKILLS											
47					DZDP	roles 3,4	DZDP GAME SKILLS								
48								PK/PP	roles 2,4	TECHNIQUE					
49											PK/PP	roles 2,4	TECHNIQUE		
50														PK/PP	roles 2,4
51				TECHNIQUE	xmas -break	U16/U18 SUI									
52				TECHNIQUE		U17 CAN									
1	base strength strenght endurance aerobic	OZDP	roles 3,4	OZDP GAME SKILLS											
2		DZOP	roles 1,2	DZOP GAME SKILLS											
3					PK/PP	roles 2,4	pk/pp game skills								
4								PK/PP	roles 2,4	pk/pp game skills					
5											PK/PP	roles 2,4	pk/pp game skills		
6	speed elasticity speed strength	NZOP	roles 1,2	NZOP GAME SKILLS		U16/17/18-tur.									
7		NZDP	roles 3,4	NZDP GAME SKILLS											
8					PK/PP	roles 2,4	pk/pp game skills								
9								PK/PP	roles 2,4	pk/pp game skills					
10											PK/PP	roles 2,4	pk/pp game skills	U18-elit. play-offs	
11	base strength strenght endurance aerobic	OZOP	roles1,2	OZOP GAME SKILLS											
12					OZDP	rolest 3,4	OZDP GAME SKILLS								
13								OZDP	rolest 3,4	OZDP GAME SKILLS					
14											OZDP	rolest 3,4	OZDP GAME SKILLS		

ozop = offensive zone offensive playing  
ozdp = offensive zone defensive playing

nzop = neutral zone offensive playing  
nzdp = neutral zone defensive playing

dzop = defensive zone offensive playing  
dzdp = defensive zone defensive playing