

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					CAMP SWE	
34					TOURNAMENT	
35		PK/PP	roles 2,4	pk/pp game skills		
36	speed elasticity speed strength	PK/PP			pre season game	
37		NZOP	roles 1,2	TECH+NZOP GAME SKILLS	U18-elite league qualification	
38						
39						
40		NZDP	roles 3,4	NZDP GAME SKILLS		
41	base strength strenght endurance aerobic	OZOP	roles 1,2	OZOP GAME SKILLS	Play-out	
42					no games??	U16/U17 kart.Vieru.
43		OZDP	roles 3,4	OZDP GAME SKILLS	U18-elite league	
44						
45			roles 2,4	pk/pp game skills	starts	U18 FIN
46	speed elasticity speed strength	DZOP	roles 1,2	DZOP GAME SKILLS		
47						
48		DZDP	roles 3,4	DZDP GAME SKILLS		
49						
50						
51	tests			TECHNIQUE		
52				TECHNIQUE	xmas -break	U16/U18 SUI
1	base strength strenght endurance aerobic	OZDP	roles 3,4	OZDP GAME SKILLS		U17 CAN
2		DZOP	roles 1,2	DZOP GAME SKILLS		
3						
4						
5			roles 2,4	pk/pp game skills		
6	speed elasticity speed strength	NZOP	roles 1,2	NZOP GAME SKILLS		U16/17/18-tur.
7						
8						
9		NZDP	roles 3,4	NZDP 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						
13						
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