

Focus of training in 2011-2012

SECTOR	FOCUS/GOAL	EXECUTION
Skill	<ul style="list-style-type: none"> * coordination * large motion "storage" * rythm * agility 	<ul style="list-style-type: none"> * included in every practice usually in warm ups * other sports (gymnastics etc.)
Hockey Skills / technique	<ul style="list-style-type: none"> * shooting * skateing * passing and recieving * stick handling 	<ul style="list-style-type: none"> * versitale game like training * SAGs , themed games * off-ice
Tactical	<ul style="list-style-type: none"> * 4 playing roles * objectives of the game 	<ul style="list-style-type: none"> * SAGs , themed games * TGfU * video * off-ice games * other team sports
Physical	<ul style="list-style-type: none"> * speed * Speed strength * alactic speed endurance * aerobic endurance * muscle endurance 	<ul style="list-style-type: none"> * trained off- and on-ice all through the season * versitale training * other sports
Mental	<ul style="list-style-type: none"> * motivation * concentration * team work * athletic values 	<ul style="list-style-type: none"> * individual conversations * other non-hockey related happenings
Teaching / communication	<ul style="list-style-type: none"> * common "language" * players take part in teaching, not just passive reciever 	<ul style="list-style-type: none"> * teach terminology * conversations * TGfU, game sense * self evaluation * playes take part to planing and teaching
repetitions/amount of training of key points	<ul style="list-style-type: none"> *speed >2 times per week to develop *strenght, develop >2times/week *aerobic endurance, develop >5h/week 	<ul style="list-style-type: none"> *aerobic endurance in warm ups and cool downs * lactic speed endurance in games *alactic speed endurance in in jumps and sprints (< 10 s) * elasticity in jumps.