

jakso vko		Skill	Hockey Skills / technique	Physical	Tactical	Mental
1	16	mobility (static) + coordination	stickhandling+ skating + defensive skills	TESTS aerobic endurance + muscle endurance	defensive roles 1vs1 2vs2 playing	athletic values + self evaluation
	17					
	18					
	19					
	20					
2	21	mobility(dynamic) + rythm + agility + reaction	offensive skills scoring + passing + win space / make space	speed+elasticity / speed strenght	offensive roles 1vs1 2vs2 playing	motivation+ consenstration
	22					
	23					
	24					
	25					
3	26	mobility mobility (OT)	stick handling + shooting (OT)	speed+elasticity aerobic endurance + muscle endurance (OT)		indepentend training + commitment
	27					
	28					
	29					
	30					
4	31	mobility(dy) + rythm + reaction+ agility	Hockey skills in roles 2 and 4	TESTS speed+elasticity / speed strenght	D ands O roles 3vs3 playing, 3rd player	gourage + commitment + consenstration
	32					
	33					
	34					
	35					
5	36	mobility (sta) + coordination	offensive skills	aerobic endurance + muscle endurance	D to O transition offensive readiness playing roles	gourage + commitment + consenstration
	37					
	38					
	39					
	40					
6	41	mobility(dy) + rythm + reaction+ agility	defensive skills	speed+elasticity / speed strenght	O to D transition defensive readiness playing roles	gourage + commitment + consenstration
	42					
	43					
	44					
	45					
7	46	mobility(dy) + coordination	offensive skills	aerobic endurance + muscle endurance + strength	Offense5vs5 oz/nz/dz playing roles	athletic values + self evaluation
	47					
	48					
	49					
	50					
8	51	mobility(dy) + rythm + reaction+ agility	defensive skills	TESTS speed+elasticity / speed strenght	defense 5v5 oz/nz/dz playing roles	gourage + commitment + consenstration
	1					
	2					
	3					
	4					
9	5	mobility (sta) + coordination	offensive skills	aerobic endurance + strength	offense, playing roles, continuum of play	gourage + commitment + consenstration
	6					
	7					
	8					
	9					
10	10	mobility(dy) + rythm + reaction+ agility	PP/PK skills	speed+elasticity / speed strenght	PP/PK	gourage + commitment + consenstration + self evaluation
	11					
	12					
	13					
	14					
	15					