

Egyéni Fejlesztés a Professzionális Jégkorongban

Individual development at the Top of the Pyramid

Kultúrák és Különbségek

Know Where You Coach and Who You Coach



2017-2022



2022-2023



2004

8,1 km

Skating
Dominant

2023

SHL

NLA

Number of goals



2132

7,7 km

Scoring
Dominant

Motiváltság, vagy annak hiánya.

Motivation - Lack of Motivation

SHL

siker

success

Motiváció

Motivation

NLA

pénz

money

Előszézon - Pre Season



GENEVE SERVETTE HOCKEY CLUB



WEEK 35

29th August - 4th September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
DAY OFF	08:45 MEETING	08:45 VIDEO	08:45 VIDEO	08:45 - 09:00 WARMUP EXTRA PLAYERS	08:30 - 09:45 BRUNCH	DAY OFF
	08:50 - 09:45 OFF ICE	09:05 - 09:45 OFF ICE A	09:05 - 09:45 OFF ICE A	09:30 - 10:15 PRACTICE EXTRA PLAYERS	09:30 - 10:15 WARMUP EXTRA PLAYERS	
	09:30 - 10:00 GOALIE PRACTICE	09:05 - 09:45 OFF ICE B	09:05 - 09:45 OFF ICE B	09:15 - 09:45 OFF ICE	10:45 - 11:45 PRACTICE EXTRA PLAYERS	
	09:30 - 10:00 SKILLS	09:30 - 10:00 SKILLS	09:30 - 10:00 GOALIE + D'S	09:45 VIDEO		
	10:15 - 12:00 PRACTICE	10:15 - 12:00 PRACTICE	09:30 - 10:00 SKILLS	10:30 - 12:00 PRACTICE		
		12:00 - 12:45 OFF ICE B	10:15 - 12:00 PRACTICE	10:45 - 11:30 OFF ICE EXTRA PLAYERS		
			12:00 - 12:45 OFF ICE B		09:45 BUS DEPARTURE	
			EVENT JVAHILL 18:30-22:00		19:00 GSHC VS SCL	

OFF ICE A : 7-26-51-67-70-78-45-47-17-71-19-11-25-96-34-29 / OFF ICE B : 92-33-46-85-90-52-81-10-13-73-27 / DEVELOPMENT GROUP : 73-27-13-10-81

Dr. JACQUES MENETREY

JRS @ SCB

Jan Cadieux 076.349.0907

Rikard Franzen 079.155.8851
Mathieu Mouthon 0033 65.952.9361

During Season



GENEVE SERVETTE HOCKEY CLUB



WEEK 03

16th January - 22th January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16	17	18	19	20	21	22
08:30 - 09:10 OFF ICE A	08:40 - 09:00 WARMUP SKILL GROUP	09:15 - 10:15 OFF ICE INJURED PLAYERS	08:50 - 09:15 WARMUP SKILL GROUP	09:15 - 09:45 WARMUP	09:00 - 11:30 WARMUP WINDOW	DAY OFF
09:15 - 10:00 OFF ICE B	09:00 VIDEO	10:45 - 12:45 ICE INJURED PLAYERS	09:20 - 10:00 OFF ICE A	09:45 VIDEO	11:00 - 11:45 PRACTICE	
09:45 - 10:15 GOALIE PRACTICE	09:15 - 10:00 OFF ICE A		09:20 - 10:00 OFF ICE B	10:00 - 10:30 ICE SKILLS		
09:45 - 10:15 D'S PRACTICE	09:30 - 10:00 OFF ICE B		09:30 - 10:15 GOALIE PRACTICE	10:30 - 12:00 PRACTICE		
09:45 - 10:15 SKILLS OUTSIDE RINK	09:45 - 10:15 GOALIE PRACTICE		09:30 - 10:15 SKILLS			
10:30 - 12:00 PRACTICE	09:30 - 10:15 SKILLS		10:30 - 12:00 PRACTICE			
	10:30 - 11:30 PRACTICE		11:45 - 12:30 OFF ICE B	15:15 BUS DEPARTURE		
GR. A : 90-47-18-25-45-17- 10-33-85-96-46-34-19	11:30 - 12:00 OFF ICE B				17:30 VIDEO	
				19:45 EHCB VS GSHC	19:45 GSHC VS EHCB	
GR. B : 7-26-51-67-70-78-71- 19-11						

OFF ICE A : 7-26-51-67-70-78-45-47-17-71-19-11-25-96-18-34-29 / OFF ICE B : 92-33-46-85-90-52-81-10-73

Dr. GREGORY ORNON

HCD VS JRS

JRS VS EHCB

JRS VS SCRJ

Jan Cadieux 076.349.0907

Rikard Franzen 079.155.8851

Yorick Treille 0033 68.492.7137

Mathieu Mouthon 0033 65.952.9361

Hátvédek - D's



Csoportok - Groups

Önbizalom növelés
Confidence boost

Fejlesztés
Development



9



**Simon
LE COULTRE**



7



Henrik
TÖMMERNES

Csatárok - Forwards



**Marco
MIRANDA**



**Teemu
HARTIKAINEN**



**Vincent
PRAPLAN**



**Deniss
SMIRNOVS**



**Eliot
BERTHON**



**Valtteri
FILPPULA**



**Josh
JOORIS**



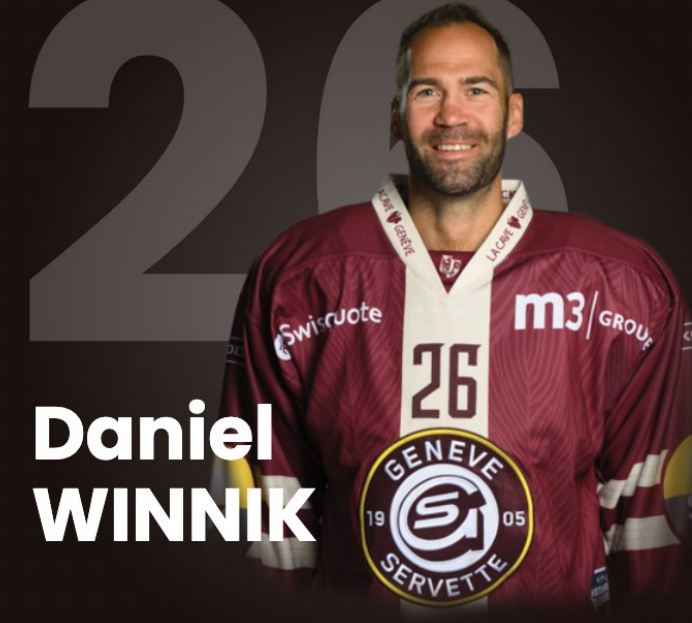
**Tanner
RICHARD**



**Marc-Antoine
POULIOT**



**Christophe
CAVALLERI**



**Daniel
WINNIK**



**Linus
OMARK**



**Noah
ROD**

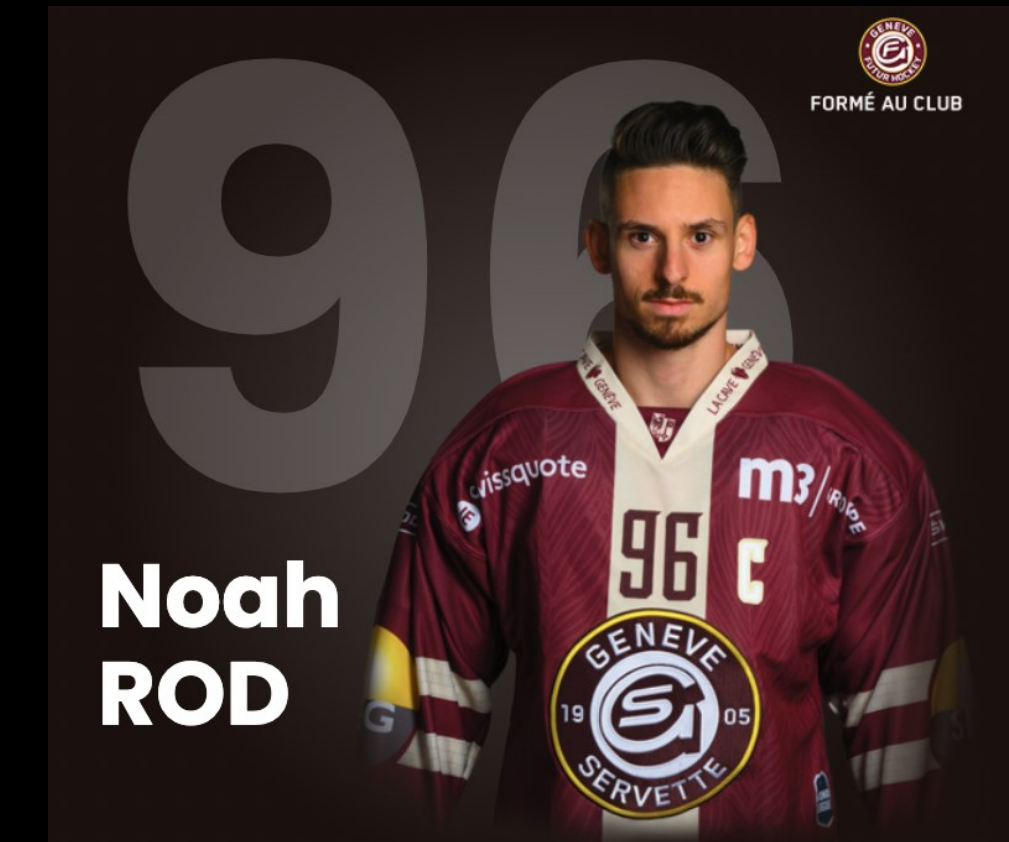


**Alessio
BERTAGGIA**



**Benjamin
ANTONIETTI**

Fejlesztés - Development



Vincent PRAPLAN



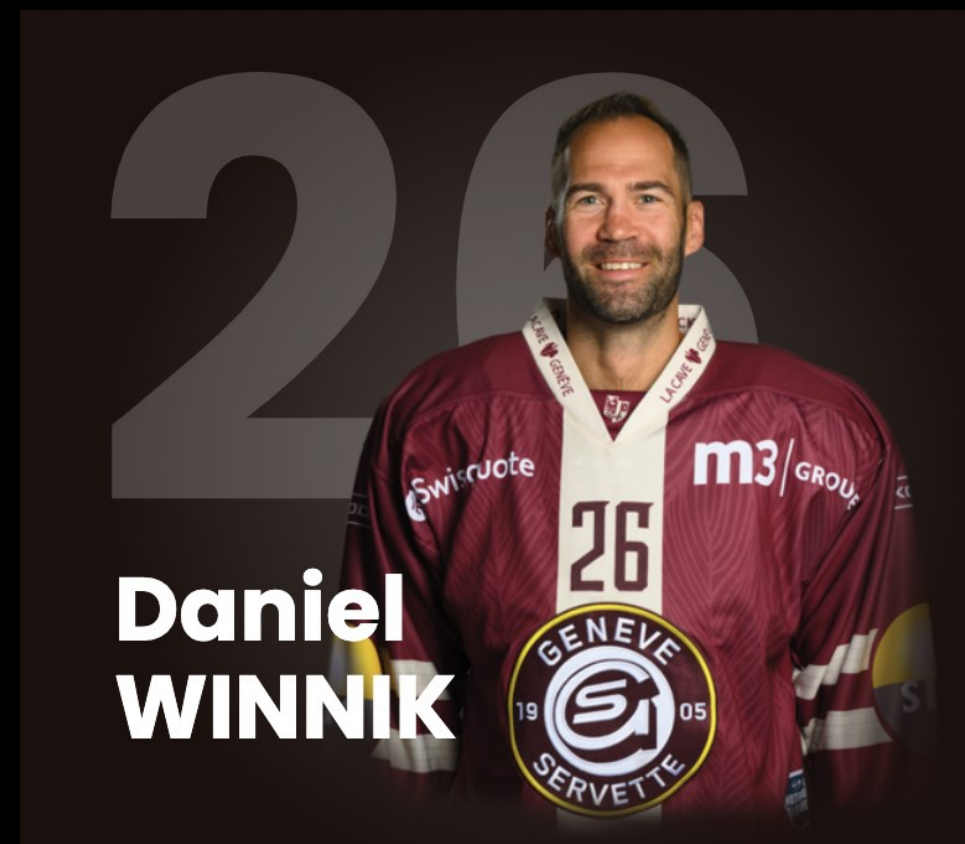


FORMÉ AU CLUB

Christophe CAVALLERI



Magabiztosság - Confidence



Valtteri FILPPULA



Köszönöm a figyelmet!

Thank you for your attention!

Bartalis Balázs