

PRO HOCKEY ACADEMY 2020 – ZEITPLAN / SCHEDULE

Donnerstag, 30.07. / Thursday, July 30th

„Achievment - is being the best you can be“

PHA-I	
7:00	Aufstehen (HM) <i>wake up</i>
7:15-7:45	Frühstück (HM) <i>breakfast</i>
8:00	BUS (HM)
9:05	Team-Meeting (AB)
9:15-10:15	Eisttraining (AB) <i>practice on the ice</i> TW/goalie - SPECIAL
10:45-11:15	Stretching / Core (FZ)
11:30	Mittagessen (AR) <i>lunch</i>
12:15	BUS (AB)
12:30	Betruhe (HM) <i>rest</i>
13:45	BUS (HM)
14:15-15:00	Tournaments (GTH) <i>(Nachmittagsnack, Obst)</i>
15:45-16:45	Eisttraining (AB) <i>practice on the ice</i> TW/goalie - SPECIAL
17:15-17:30	Teambuilding (KTS)
17:45	Abendessen (AR) <i>dinner</i>
18:45-19:05	Video (VR)
19:45-20:15	Stickhandling (AA)
19:45-20:15	Goalies - special (AB)
(Abendsnack-im ES)	
20:45	BUS (AB)
21:15	Nachtruhe (HM) <i>lights out</i>

PHA-II	
7:30	Aufstehen (HM) <i>wake up</i>
7:45-8:15	Frühstück (HM) <i>breakfast</i>
8:30	BUS (HM)
8:50	Team-Meeting (FZ)
9:00-9:30	Stretching / Core (FZ)
9:30-9:45	Teambuilding(FZ)
10:30-11:30	Eisttraining (AB) <i>practice on the ice</i> TW/goalie - SPECIAL
12:15	Mittagessen (AR) <i>lunch</i>
13:00	BUS (AB)
13:15	Betruhe (HM) <i>rest</i>
14:45	BUS (HM)
15:15-16:00	Tournaments (GTH) <i>(Nachmittagsnack, Obst)</i>
17:00-18:00	Eisttraining (AB) <i>practice on the ice</i> TW/goalie - SPECIAL
18:25-18:45	Video (VR)
18:45	Abendessen (AR) <i>dinner</i>
20:15-20:45	Stickhandling (AA)
20:15-20:45	Goalies - special (AB)
(Abendsnack-im ES)	
21:15	BUS (AB)
21:45	Nachtruhe (HM) <i>lights out</i>

PHA-III	
8:15	Aufstehen (HM) <i>wake up</i>
8:30-9:00	Frühstück (HM) <i>breakfast</i>
9:15	BUS (HM)
9:45	Team-Meeting (FZ)
10:00-10:30	Stretching / Core (FZ)
10:30-10:45	Teambuilding(FZ)
11:45-12:45	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
13:15	Mittagessen (AR) <i>lunch</i>
14:00	BUS (AB)
14:15	Betruhe (HM) <i>rest</i>
15:45	BUS (HM)
16:15-17:00	Tournaments (GTH)
17:10-17:30	Video (VR) <i>(Nachmittagsnack, Obst)</i>
18:15-19:15	Eisttraining (AB) <i>practice on the ice</i> TW/goalie - SPECIAL
19:45	Abendessen (AR) <i>dinner</i>
21:00-21:30	Stickhandling (AA)
21:00-21:30	Goalies - special (AB)
(Abendsnack-im ES)	
22:00	BUS (AB)
22:45	Nachtruhe (HM) <i>lights out</i>

Erläuterung:

AA-Arena A, AB-Arena B, GTH-grosse Turnhalle / large Gym

FZ-Fitnesszentrum Arena A, KTS-kleiner Turnsaal Arena B / small Gym

VR-Videoraum Arena B / videoroom, SB-Schwimmbad / Swimming pool AR-Arena Restaurant, HM-Hotel Marttel