

PRO HOCKEY ACADEMY 2020 – ZEITPLAN / SCHEDULE

Montag, 27.07. / Monday, July 27th

„Courage - is standing up for your belief“

PHA-I
7:00 Aufstehen (HM)
wake up

7:15-7:45 Frühstück (HM)
breakfast

8:00 BUS (HM)

9:05 Team-Meeting (AB)

9:15-10:15 Eisttraining (AB)
practice on the ice
TW/goalie - SPECIAL

10:45-11:15 Stretching / Core (FZ)

11:30 Mittagessen (AR)
lunch

12:15 BUS (AB)

12:30 Bettruhe (HM)
rest

13:45 BUS (HM)

14:15-15:00 Tournaments (GTH)
(Nachmittagsnack, Obst)

15:45-16:45 Eisttraining (AB)
practice on the ice
TW/goalie - SPECIAL

17:15-17:30 Teambuilding (KTS)

17:45 Abendessen (AR)
dinner

18:30-19:00 Video (VR)

19:45-20:15 Powerskating (AA)

19:45-20:15 Goalies - special (AB)

(Abendsnack-im ES)

20:45 BUS (AB)

21:15 Nachtruhe (HM)
lights out

PHA-II
7:30 Aufstehen (HM)
wake up

7:45-8:15 Frühstück (HM)
breakfast

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)
practice on the ice
TW/goalie - SPECIAL

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21:00-21:30 Powerskating (AA)

21:00-21:30 Goalies - special (AB)

(Abendsnack-im ES)

21:50 BUS (AB)

22:30 Nachtruhe (HM)
lights out

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