

Fall Break Camp Schedule W:44

2017	MONDAY			2017
W:44	GROUP 1 (09/08/07)	GROUP 2 (06/05)	GROUP 3 (04/03/02)	W:44
07.30-08.00	At the rink 07.15	At the rink 07.15		07.30-08.00
08.00-08.30	08.00-08.40 PHYSIO: SKATING (strides/balance)	08.00-08.50 ICE: SKATING (FW/BW gliding)		08.00-08.30
08.40-09.00	Ombyte		At the rink 08.15	08.30-09.00
09.00-09.30	09.00-09.50 ICE: SKATING (FW/BW gliding)	CHANGE	09.00-09.40 PHYSIO: SKATING (strides/balance)	09.00-09.30
09.30-10.00	GOALIE SESSION	09.30-10.00 PHYSIO/THEORY: WORM-UP/COOL DOWN	CHANGE	09.30-10.00
10.00-10.30	CHANGE	10.00-10.40 PHYSIO: SKATING (strides/balance)	10.00-10.50 ICE: SKATING (FW/BW gliding)	10.00-10.30
10.30-11.00		CHANGE		10.30-11.00
11.00-11.30	11.00-11.30 LUNCH	11.00-11.50 (A-hall) CCM PRODUCTS TESTS	11.00-11.50 (A-hall) CCM PRODUCTS TESTS	11.00-11.30
11.30-12.00	CHANGE			11.30-12.00
12.00-12.30	12.00-12.50 (B-hall) CCM PRODUCTS TESTS		12.00-12.30 LUNCH	12.00-12.30
12.30-13.00		12.30-13.00 LUNCH	CHANGE	12.30-13.00
13.00-13.30	13.10-13.50 PHYSIO: PUCKCONTROL (weight transfer/side fakes)		13.00-13.50 ICE: SKATING WITH PUCK (FW/BW gliding)	13.00-13.30
13.30-14.00		CHANGE		13.30-14.00
14.00-14.30	14.00-14.30 SNACKS	14.00-14.50 ICE: SKATING WITH PUCK (FW/BW gliding)	14.00-14.30 SNACKS	14.00-14.30
14.30-15.00	CHANGE		14.45-15.30 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	14.30-15.00
15.00-15.30	15.00-15.50 ICE: SKATING WITH PUCK (FW/BW gliding)	14.50-15.00 SNACKS		15.00-15.30
15.30-16.00		15.15-16.00 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	CHANGE	15.30-16.00
16.00-16.30			16.00-16.50 ICE: 1 VS 1 FAKES (side fakes/puck protection)	16.00-16.30
16.30-17.00				16.30-17.00
17.00-17.30				17.00-17.30
17.30-18.00				17.30-18.00

Fall Break Camp Schedule W:44

2017	TUESDAY			2017
W:44	GROUP 1 (09/08/07)	GROUP 2 (06/05)	GROUP 3 (04/03/02)	W:44
07.30-08.00	At the rink 07.40	At the rink 07.30		07.30-08.00
08.00-08.30	08.00-08.40 PHYSIO: SKATING (strides/balance)	08.00-08.50 ICE: SKATING (FW/BW strides)		08.00-08.30
08.30-09.00	CHANGE		At the rink 08.30	08.30-09.00
09.00-09.30	09.00-09.50 ICE: SKATING (FW/BW strides)	CHANGE	09.00-09.40 PHYSIO: SKATING (strides/balance)	09.00-09.30
09.30-10.00	GOALIE SESSION	09.30-10.00 PHYSIO/THEORY: WORM- UP/COOL DOWN	CHANGE	09.30-10.00
10.00-10.30	CHANGE	10.00-10.40 PHYSIO: SKATING (strides/balance)	10.00-10.50 ICE: SKATING (FW/BW strides)	10.00-10.30
10.30-11.00	10.30-11.10 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	CHANGE		10.30-11.00
11.00-11.30		11.00-11.50 ICE: SKATING WITH PUCK (FW/BW strides)	11.10-11.40 LUNCH	11.00-11.30
11.30-12.00	11.30-12.00 LUNCH		CHANGE	11.30-12.00
12.00-12.30			12.10-12.40 PHYSIO/THEORY: WORM- UP/COOL DOWN	12.00-12.30
12.30-13.00	CHANGE	12.30-13.00 LUNCH	CHANGE	12.30-13.00
13.00-13.30	13.00-14.00 PHYSIO: 1 VS 1 CONCEPTS (body moves/puck protection)		13.00-13.50 ICE: SKATING WITH PUCK (FW/BW strides)	13.00-13.30
13.30-14.00		CHANGE		13.30-14.00
14.00-14.30	14.00-14.30 SNACKS	14.00-14.50 ICE: 1 VS 1 FAKES (side fakes/puck protection)	14.00-14.30 SNACKS	14.00-14.30
14.30-15.00	CHANGE		14.45-15.30 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	14.30-15.00
15.00-15.30	15.00-15.50 ICE: SKATING WITH PUCK (FW/BW strides)	14.50-15.00 SNACKS		15.00-15.30
15.30-16.00		15.15-16.00 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	CHANGE	15.30-16.00
16.00-16.30			16.00-16.50 ICE: 1 VS 1 FAKES (side fakes/puck protection)	16.00-16.30
16.30-17.00				16.30-17.00
17.00-17.30				17.00-17.30
17.30-18.00				17.30-18.00

Fall Break Camp Schedule W:44

2017	WEDNESDAY			2017
W:44	Grupp 1 (09/08/07)	GRUPP 2 (06/05)	GRUPP 3 (04/03/02)	W:44
07.30-08.00	At the rink 07.40	At the rink 07.30		07.30-08.00
08.00-08.30	08.00-08.40 PHYSIO: SKATING (strides/balance)	08.00-08.50 ICE: SKATING WITH PUCK (FW/BW gliding/strides)		08.00-08.30
08.30-09.00	CHANGE		At the rink 08.30	08.30-09.00
09.00-09.30	09.00-09.50. ICE: SKATING WITH PUCK (FW/BW gliding/strides)	CHANGE	09.00-09.40 PHYSIO: SKATING (strides/balance)	09.00-09.30
09.30-10.00	GOALIE SESSION	09.30-10.00 PHYSIO/THEORY: WORM- UP/COOL DOWN	CHANGE	09.30-10.00
10.00-10.30	CHANGE	10.00-10.40 PHYSIO: SKATING (strides/balance)	10.00-10.50 ICE:SKATING WITH PUCK (FW/BW gliding/strides)	10.00-10.30
10.30-11.00	10.30-11.10 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	CHANGE		10.30-11.00
11.00-11.30		11.00-11.50 ICE: 1 VS 1 FAKES (fakes/puck protection)	11.10-11.40 LUNCH	11.00-11.30
11.30-12.00	11.30-12.00 LUNCH		CHANGE	11.30-12.00
12.00-12.30			12.10-12.40 PHYSIO/THEORY: WORM- UP/COOL DOWN	12.00-12.30
12.30-13.00	CHANGE	12.30-13.00 LUNCH	CHANGE	12.30-13.00
13.00-13.30	13.00-14.00 PHYSIO: 1 VS 1 CONCEPTS (body moves/puck protection)		13.00-13.50 ICE: 1 VS 1 FAKES (fakes/puck protection)	13.00-13.30
13.30-14.00		CHANGE		13.30-14.00
14.00-14.30	14.00-14.30 SNACKS	14.00-14.50 ICE: 1 VS 1 IN GAME SITUATIONS	14.00-14.30 SNACKS	14.00-14.30
14.30-15.00	CHANGE		14.45-15.30 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	14.30-15.00
15.00-15.30	15.00-15.50 ICE: 1 VS 1 FAKES (fakes/puck protection)	14.50-15.00 SNACKS		15.00-15.30
15.30-16.00	Ansis	15.15-16.00 PHYSIO: PUCKCONTROL (weight transfer/side fakes)	CHANGE	15.30-16.00
16.00-16.30			16.00-16.50 ICE: 1 VS 1 IN GAME SITUATIONS	16.00-16.30
16.30-17.00				16.30-17.00
17.00-17.30				17.00-17.30
17.30-18.00				17.30-18.00

11.00-11.30
GOALIE LUNCH

12.00-13.00
GOALIE SESSION

11.00-11.30
GOALIE LUNCH

12.00-13.00
GOALIE SESSION