

PRO HOCKEY ACADEMY 2021 – ZEITPLAN / SCHEDULE

Dienstag, 03.08. / Tuesday, August 3rd

„A positive attitude - is seeing the light in the shadow“

PHA-I
7:15 Aufstehen (FE)
wake up

7:30-8:00 Frühstück (FE)
breakfast

8:15 BUS (FE)

9:05 Team-Meeting (ES)

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

11:00-11:30 Stretching / Core (TH)

11:30-11:45 Teambuilding(TH)

12:00 BUS (ES)

12:15-12:45 Mittagessen (FE)
lunch

13:00 Betruhe (FE)
rest

14:15 BUS (FE)

(Nachmittagsnack, Obst)

14:30-14:55 **MOTIVATIONSMEETING (ES)**

15:30-16:30 Eisttraining (ES)
practice on the ice

(Abendsnack-im ES)

17:00-18:00 Tournaments (TH)

18:15 BUS (ES)

18:30 Abendessen (FE)
dinner

20:30 Nachtruhe (FE)
lights out

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

7:45-8:15 Frühstück (PE)
breakfast

8:30 BUS (PE)

8:50 Team-Meeting (TH)

9:00-9:30 Stretching / Core (TH)

9:30-9:45 Teambuilding(TH)

10:30-11:30 **Photosession** / Eisttraining (ES)
practice on the ice
TW/goalie - SPECIAL

12:15 BUS (ES)

12:30-13:00 Mittagessen (PE)
lunch

13:15 Betruhe (PE)
rest

14:45 BUS (PE)

15:00-16:00 Tournaments (TH)

(Nachmittagsnack, Obst)

16:45-17:45 Eisttraining (ES)
practice on the ice

(Abendsnack-im ES)

18:30-19:00 **MOTIVATIONSMEETING (ES)**

19:15 BUS (ES)

19:30 Abendessen (FE)
dinner

20:30 BUS (FE)

21:30 Nachtruhe (PE)
lights out

PHA-III
8:15 Aufstehen (SH)
wake up

8:30-9:15 Frühstück (SH)
breakfast

9:30 BUS (SH)

9:50 Team-Meeting (TH)

10:00-10:30 Stretching / Core (TH)

10:30-10:45 Teambuilding(TH)

11:45-12:45 **Photosession** / Eisttraining (ES)
practice on the ice
TW/goalie - SPECIAL

13:15 BUS (ES)

13:30-14:00 Mittagessen (SH)
lunch

14:15 Betruhe (SH)
rest

15:45 BUS (SH)

16:00-17:00 Tournaments (TH)

(Nachmittagsnack, Obst)

18:00-19:15 Eisttraining (ES)
practice on the ice

(Abendsnack-im ES)

19:45-20:10 **MOTIVATIONSMEETING (ES)**

20:15 BUS (ES)

20:30 Abendessen (FE)
dinner

21:15 BUS (FE)

22:15 Nachtruhe (SH)
lights out

Erläuterung:

ES-Eisstadion / Rink, **TH**-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

FE-Hotel Ferdinand, **PE**-Hotel Pelikan, **SH**-Schlosshotel