

PRO HOCKEY ACADEMY 2021 – ZEITPLAN / SCHEDULE

Montag, 02.08. / Monday, August 2nd

„Courage - is standing up for your belief“

PHA-I	
7:15	Aufstehen (FE) <i>wake up</i>
7:30-8:00	Frühstück (FE) <i>breakfast</i>
8:15	BUS (FE)
9:05	Team-Meeting (ES)
9:15-10:15	Eisttraining (ES) <i>practice on the ice</i> 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) <i>lunch</i>
13:00	Betruhe (FE) <i>rest</i>
14:00	BUS (FE)
14:15-15:00	Tournaments (TH)
15:45-16:45	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
(Nachmittagsnack, Obst)	
17:15-17:40	MOTIVATIONSMEETING (ES)
17:45	BUS (ES)
18:00	Abendessen (FE) <i>Dinner</i>
18:45	BUS (FE)
19:45-20:15	Powerskating TW/goalies- SPECIAL
(Abendsnack-im ES)	
20:45	BUS (ES)
21:15	Nachtruhe (SK) <i>lights out</i>

PHA-II	
7:30	Aufstehen (PE) <i>wake up</i>
7:45-8:15	Frühstück (PE) <i>breakfast</i>
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	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
12:15	BUS (ES)
12:30-13:00	Mittagessen (PE) <i>lunch</i>
13:15	Betruhe (PE) <i>rest</i>
14:30	BUS (PE)
15:00-15:45	Tournaments (TH) (Nachmittagsnack, Obst)
16:00-16:25	MOTIVATIONSMEETING (ES)
17:00-18:00	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
18:30	BUS (ES)
18:45	Abendessen (FE) <i>Dinner</i>
19:45	BUS (FE)
20:15-20:45	Powerskating TW/goalies- SPECIAL
(Abendsnack-im ES)	
21:15	BUS (ES)
22:00	Nachtruhe (PE) <i>lights out</i>

PHA-III	
8:15	Aufstehen (SH) <i>wake up</i>
8:30-9:15	Frühstück (SH) <i>breakfast</i>
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	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
13:15	BUS (ES)
13:30-14:15	Mittagessen (SH) <i>lunch</i>
14:30	Betruhe (AG) <i>rest</i>
15:45	BUS (SH)
(Nachmittagsnack, Obst)	
16:00-16:30	MOTIVATIONSMEETING (ES)
16:45-17:30	Tournaments (TH)
18:15-19:15	Eisttraining (ES) <i>practice on the ice</i> TW/goalie - SPECIAL
19:35	BUS (ES)
19:45	Abendessen (FE) <i>Dinner</i>
20:30	BUS (FE)
21:00-21:30	Powerskating TW/goalies- SPECIAL
(Abendsnack-im ES)	
21:50	BUS (ES)
22:30	Nachtruhe (SH) <i>lights out</i>

Erläuterung:

ES-Eisstadion / Rink, TH-Turnhalle / Gym

SB-Schwimmbad / Swimming pool

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