

Trainingsplan Hockeycamp 2016

Halle I (Einheit auf Skates)

Halle II (Trockentraining)

Mittagspause

10:00 - 10:15
10:15 - 10:30
10:30 - 10:45
10:45 - 11:00
11:00 - 11:15
11:15 - 11:30
11:30 - 11:45
11:45 - 12:00
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16:15 - 16:30
16:30 - 16:45
16:45 - 17:00
17:00 - 17:15
17:15 - 17:30
17:30 - 17:45
17:45 - 18:00

Schüler

Bambini

Jugend

Schüler

Bambini

Bambini

Jugend

Schüler

Schüler

Jugend

Jugend

Torhüter