

<b>Saturday 4.05.2019</b>		
08.30- 09.00	Registration	
09.00	Information meeting	Rules, values, instructions
09.20 - 09.40	Off ice warm up	
10.00 - 11.15	Ice	Individual skills session
11.30 - 12.15	Off ice	Power, quickness, speed
13.00	Lunch	
14.30 - 14.45	Team meeting	Theory - individual tactic explanation
15.15 - 16.30	Ice	Small area games + scoring
16.40 - 17.00	Cool down	
17.30	End of day 1	

<b>Sunday 5.05.2019</b>		
08.00	Meeting	
08.20 - 08.40	Off ice warm up	
09.00 - 10.15	Ice	Individual skills session
10.25 - 10.45	Off ice	Mobility, stability, core strength
11.00	Lunch	
11.30 - 11.45	Team meeting	Game sense - individual tasks
12.15 - 13.30	Ice	Games + scoring
13.40 - 14.00	Cool down	
14.30	End of day 2	