



SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT CAMP
ZUCHWIL 15.10 – 16.10.2025

Daily Program – Wednesday, 15. October 2025

Morning-Practice

09:00 – 09:30	Welcome / Theory / Warm-up
10:00 – 11:00	Skating Training
11:00 – 11:15	Ice Resurfacing
11:15 – 12:00	Skating Training
12:15 – 13:00	Swimming / Cool Down
13:15 – 13:45	Lunch for all participants

Active Recovery – Multi-Sport Activities

Afternoon-Practice

14:30 – 15:30	Shooting Training
15:30 – 15:45	Ice Resurfacing
15:45 – 16:30	Shooting Training
16:45 – 17:30	Swimming / Cool Down

ONLY 10 SPOTS AVAILABLE FOR THIS CAMP!

INTERNATIONAL EXPERIENCE – DON'T MISS OUT ON THIS! 🌍🔥

FÜR MEHR INFOS:
SISM HOCKEY
www.sismhockey.com
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Certified by the
Swiss Ice Hockey
Federation (SIHF)
since 2016



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ZUCHWIL 15.10 – 16.10.2025

Daily Program – Thursday, 16. October 2025

Morgen-Training

09:00 – 09:30	Theory / Warm-up
10:00 – 11:00	Skating Training
11:00 – 11:15	Ice Resurfacing
11:15 – 12:00	Skating Training
12:15 – 13:00	Swimming / Cool Down
13:15 – 13:45	Lunch for all participants

Active Recovery – Multi-Sport Activities

Afternoon-Practice

14:30 – 15:30	Shooting Training
15:30 – 15:45	Ice Resurfacing
15:45 – 16:30	Shooting Training
16:30	Camp Finished

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