



SKATE-N-SHOOT CAMP

HOCKEY

**SKATING & SHOOTING TRAINING
TESTING & ANALYSIS**

30. JULY – 2. AUGUST 2026
Ice Rink Zuchwil

FOR PLAYERS AGED 10 TO 12 YEARS

A FOUR-DAY CAMP INCLUDING:

Four Hours of Skating & Shooting Daily
WITH THE SUCCESSFUL HOCKEY SKATING SYSTEM

*Train with the most experienced skating
coach in the German-speaking world*



HERBI SCHÄDLER

*Power Skating Coach & Off-Ice
Coach (Stretching & Cool Down)*



THOMAS SCHÄDLER

*National Team Coach Germany
Shooting & Stickhandling Coach*



ERNST SCHLOTTER

*Camp Manager, On-Ice Testing
Coach und Sports Data Analyst*

- ✓ **BALANCE**
- ✓ **EFFICIENCY**
- ✓ **SPEED**
- ✓ **AGILITY**

ONLY
Fr. 850
PER PLAYER

ADDITIONALLY, YOU WILL RECEIVE:

- ✓ Unique On-Ice Test based on CHL/NHL Method
- ✓ Unique Testing Analysis – clearly shows how talented you are, as well as your strength & weaknesses
- ✓ Isotonic Drinks
- ✓ Camp Jersey
- ✓ Lunch

ONLY 23 SPOTS AVAILABLE FOR THIS CAMP!

INTERNATIONAL EXPERIENCE, DON'T MISS OUT ON THIS!

FOR MORE INFOS:
SISM HOCKEY
www.sismhockey.com
ernst@sismhockey.com



*Certified
by SIHF
since 2016*



SKATE-N-SHOOT CAMP

HOCKEY

SKATE-N-SHOOT TRAINING
ZUCHWIL 30.7. – 2.8.2026

Daily Programs – Wednesday/Thursday, July 29/30, 2026

Wednesday, 29.7.2026

From 18:00

Access to the locker room in the ice rink

From 20:00

Dinner (**only** for participants staying at the Sport hotel).

Thursday, 30.7.2026

From 07:30

Breakfast (**only** for participants staying at the Sport hotel)

Morning Practice

09:00 – 09:30

Greeting, theory session, and warm-up

10:00 – 11:00

Skating training with Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Swimming/Cool-Down

13:15 – 13:45

Lunch (for all participants)

Afternoon Practice

14:30 – 15:30

Shooting training with Herbi & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Shooting training with Herbi & Thomas

16:45 – 17:30

Swimming/Cool-Down

20:00

Dinner (**only** for participants staying at the Sport hotel)

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Seit 2016
durch SIHF
zertifiziert



SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT TRAINING
ZUCHWIL 30.7. – 2.8.2026

Daily Program – Friday, July 31, 2026

Friday, 31.7.2026

From 07:30

Breakfast (**only** for participants staying at the Sport hotel)

Morning Practice

09:00 – 09:30

Greeting, theory session, and warm-up

10:00 – 11:00

Skating training with Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Swimming/Cool-Down

13:15 – 13:45

Lunch (for all participants)

Afternoon Practice

14:30 – 15:30

Shooting training with Herbi & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Shooting training with Herbi & Thomas

16:45 – 17:30

Swimming/Cool-Down

20:00

Dinner (**only** for participants staying at the Sport hotel)

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SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT TRAINING
ZUCHWIL 30.7. – 2.8.2026

Daily Program – Saturday, August 1, 2026

Saturday, 1.8.2026

From 07:30

Breakfast (**only** for participants staying at the Sport hotel)

Morning Practice

09:00 – 09:30

Greeting, theory session, and warm-up

10:00 – 11:15

CHL/NHL On-Ice Testing

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Swimming/Cool-Down

13:15 – 13:45

Lunch (for all participants)

Afternoon Practice

14:30 – 15:30

Shooting training with Herbi & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Shooting training with Herbi & Thomas

16:45 – 17:30

Swimming/Cool-Down

20:00

Dinner (**only** for participants staying at the Sport hotel)

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SKATE-N-SHOOT CAMP HOCKEY

SKATE-N-SHOOT TRAINING
ZUCHWIL 30.7. – 2.8.2026

Daily Program – Sunday, August 2, 2026

Sunday, 2.8.2026

From 07:30

Breakfast (**only** for participants staying at the Sport hotel)

Morning Practice

09:00 – 09:30

Theory session, and warm-up

10:00 – 11:00

Skating training with Herbi & Thomas

11:00 – 11:15

Ice Cutting

11:15 – 12:00

Skating training with Herbi & Thomas

12:15 – 12:45

Swimming/Cool-Down

13:15 – 13:45

Lunch (for all participants)

Afternoon Practice

14:30 – 15:30

Shooting training with Herbi & Thomas

15:30 – 15:45

Ice Cutting

15:45 – 16:30

Camp Finished

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