

SKATE-N-SHOOT CAMP

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)

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



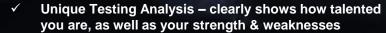


THOMAS SCHÄDLER

National Team Coach Germany
Shooting & Stickhandling Coach

ADDITIONALLY, YOU WILL RECEIVE:





- ✓ Isotonic Drinks
- ✓ Camp Jersey
- ✓ Lunch



ERNST SCHLOTTER

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

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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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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