SKATE-N-SHOOT CAMP

HOCKEY

SKATING & SHOOTING TRAINING TESTING & ANALYSIS

30. JULY – 2. AUGUST 2026

Ice Rink Zuchwil

FOR PLAYERS AGED 10 TO 14 YEARS

A FOUR-DAY CAMP INCLUDING:

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

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

ONLY Fr. 850 PER PLAYER

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

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 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 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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