



SKILLS

CAMP

SOSNOWIEC
13.07-18.07.2025

CAMPY
LATO
2025

#1 GRUPA A

NIEDZIELA

1	11:00 - 12:30 otwarcie szatni	12:45-13:15 oficjalne rozpoczëcie	14:00 obiad	14:30 przejazd hotel	14:45 zakwaterowanie	16:15-17:00 off ice	17:45-19:00 trening lód	19:30 kolacja	20:15 podsumowanie	21:30 cisza nocna
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PONIEDZIAŁEK

2	08:15 śniadanie	09:15 wyjazd	9:45-10:30 technika kija	11:15-12:15 trening lód 	12:45 obiad	13:30-15:15 odpoczynek	15:15-16:00 mentalny 	16:10 wyjazd	16:30-17:15 spikeball	18:00-19:15 trening lód II 	19:45 kolacja	20:30 podsumowanie	20:40 relaksacja	21:30 cisza nocna
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WTOREK

3	08:15 śniadanie	09:15 wyjazd	9:45-10:30 off ice	11:15-12:15 trening lód 	12:45 obiad	13:30-15:15 odpoczynek	15:15-16:00 mentalny 	16:10 wyjazd	16:30-17:15 warsztaty podstawy siłowni	18:00-19:15 trening lód II 	19:45 kolacja	20:30 podsumowanie + draft	21:30 cisza nocna
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ŚRODA

4	08:15 śniadanie	09:15 wyjazd	9:45-10:30 turniej piłka nożna	11:15-12:15 trening lód 	12:45 obiad	13:30-15:15 odpoczynek	15:15-16:00 mentalny 	16:00 wyjazd	16:15-17:30 teoria wideo	17:30-18:45 Turniej Ziëtaara Cup 	19:15 kolacja	20:00-20:45 Aquapark Nemo	21:00 podsumowanie	21:45 cisza nocna
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CZWARTEK

5	08:15 śniadanie	09:15 wyjazd	9:45-10:30 technika kija	11:15-12:15 trening lód 	12:45 obiad	13:30-15:15 odpoczynek	15:15-16:00 mentalny 	16:10 wyjazd	16:30-17:15 turniej piłka nożna	18:00-19:15 trening lód II	19:30 kolacja	20:00-20:45 wieczór quizowy	20:45 podsumowanie	21:30 cisza nocna
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PIĄTEK

6	07:15 śniadanie	08:00 wykwaterowanie i wyjazd	08:45-9:45 trening lód 	10:15-11:15 bumperball	11:30 obiad	12:00-12:45 mentalny 	13:30-14:45 mecz pożegnalny 	od 15:00 grill + odbiór zawodników
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* Dokładny program campu zostanie wysłany do uczestników 14 dni przed rozpoczëciem campu.

SPORT REBEL
BAUER

ANALIZA VIDEO - BRAMKARZE
2 X DZIEŃ DO USTALENIA Z TRENEREM



SKILLS CAMP

SOSNOWIEC
13.07-18.07.2025

SUMMER
CAMPS
2025

#1 GROUP A

SUNDAY

1	11-00 - 12-30 locker rooms open	12-45-13-15 start of the camp	14-00 lunch	14-30 hotel arrival	14-45 accommodation	16-15-17-00 off ice	17-45-19-00 ice training	19-30 dinner	20-15 summary	21-30 quiet hours
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MONDAY

2	08-15 breakfast	09-15 departure	9-45-10-30 stick technique	11-15-12-15 ice training 	12-45 lunch	13-30-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 spikeball	18-00-19-15 ice training II 	19-45 dinner	20-30 summary	20-40 relaxation	21-30 quiet hours
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TUESDAY

3	08-15 breakfast	09-15 departure	9-45-10-30 off ice	11-15-12-15 ice training 	12-45 lunch	13-30-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 gym basics workshops	18-00-19-15 ice training II 	19-45 dinner	20-30 summary + draft	21-30 quiet hours
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WEDNESDAY

4	08-15 breakfast	09-15 departure	9-45-10-30 football tournament	11-15-12-15 ice training 	12-45 lunch	13-30-15-15 rest	15-15-16-00 mental 	16-00 departure	16-15-17-30 video theory	17-30-18-45 Ziëtarã Cup Tournament 	19-15 dinner	20-00-20-45 Aquapark Nemo	21-00 summary	21-45 quiet hours
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THURSDAY

5	08-15 breakfast	09-15 departure	9-45-10-30 stick technique	11-15-12-15 ice training 	12-45 lunch	13-30-15-15 rest	15-15-16-00 mental 	16-10 departure	16-30-17-15 football tournament	18-00-19-15 ice training II	19-30 dinner	20-00-20-45 quiz night	20-45 summary	21-30 quiet hours
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FRIDAY

6	07-15 breakfast	08-00 check out and departure	08-45-9-45 ice training 	10-15-11-15 bumperball	11-30 lunch	12-00-12-45 mental 	13-30-14-45 farewell match 	od 15-00 grill + pick up of the players
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* The detailed camp program will be sent to participants 14 days before the start of the camp.



VIDEO ANALYSIS - GOALKEEPERS
2 X DAYS DETERMINED WITH THE COACH



SKILLS CAMP

SOSNOWIEC
13.07-18.07.2025

CAMPY
LATO
2025

#1 GRUPA B

NIEDZIELA

1	11:00 - 12:30 otwarcie szatni	12:45-13:15 oficjalne rozpoczęcie	13:30 obiad	14:00-14:30 zebranie wewnętrzne	14:45-15:30 off ice	16:15-17:30 trening lod 	18:00 kolacja	18:30 przejazd hotel	18:45 zakwaterowanie	19:15 podsumowanie	21:00 cisza nocna
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PONIEDZIAŁEK

2	07:15 śniadanie	07:45 wyjazd	8:15-9:00 technika kija	9:45-10:45 trening lod 	11:15-12:00 spikeball	12:15 obiad	13:00-14:30 odpoczynek	14:30-15:15 mentalny 	15:40 wyjazd	16:30-17:45 trening lod II 	18:15 kolacja	19:30-19:45 podsumowanie	19:45 relaksacja	21:00 cisza nocna
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WTOREK

3	07:15 śniadanie	07:45 wyjazd	8:15-9:00 off ice	9:45-10:45 trening lod 	11:15-12:00 warsztaty podstawy rozgrzewki	12:00 obiad	12:45-14:30 odpoczynek	14:30-15:15 mentalny 	15:40 wyjazd	16:30-17:45 trening lod II 	18:15 kolacja	19:30-20:00 podsumowanie + draft	21:00 cisza nocna
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ŚRODA

4	07:15 śniadanie	07:45 wyjazd	8:15-9:00 turniej piłka nożna	9:45-10:45 trening lod 	11:15-12:15 teoria wideo	12:15 obiad	13:30-14:30 odpoczynek	14:30-15:15 mentalny 	15:15 wyjazd	16:00-17:15 Turniej Ziętaara Cup 	18:15 kolacja	19:00-19:45 Aquapark Nemo	20:15 podsumowanie	21:30 cisza nocna
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CZWARTEK

5	07:15 śniadanie	07:45 wyjazd	8:15-9:00 technika kija	9:45-10:45 trening lod 	11:15-12:00 turniej piłka nożna	12:00 obiad	12:45-14:30 odpoczynek	14:30-15:15 mentalny 	15:40 wyjazd	16:30-17:45 trening lod II 	18:15 kolacja	19:00-19:45 wieczór quizowy	19:45 podsumowanie	21:00 cisza nocna
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PIĄTEK

6	08:00 śniadanie	09:00 wykwaterowanie i wyjazd	10:00-11:00 trening lod 	11:30-12:30 bumperball	12:45 obiad	13:15-14:00 mentalny 	15:00-16:15 meczn 	od 16:30 grill + odbiór zawodników
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* Dokładny program campu zostanie wysłany do uczestników 14 dni przed rozpoczęciem campu.

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BAUER

ANALIZA VIDEO - BRAMKARZE
2 X DZIEŃ DO USTALENIA Z TRENEREM



SKILLS CAMP

SOSNOWIEC
13.07-18.07.2025

SUMMER
CAMPS
2025

#1 GROUP B

SUNDAY

1	11:00 - 12:30 locker rooms open	12:45-13:15 start of the camp	13:30 lunch	14:00-14:30 inside meeting	14:45-15:30 off ice	16:15-17:30 ice training 	18:00 dinner	18:30 hotel arrival	18:45 accommodation	19:15 summary	21:00 quiet hours
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MONDAY

2	07:15 breakfast	07:45 departure	8:15-9:00 stick technique	9:45-10:45 ice training 	11:15-12:00 spikeball	12:15 lunch	13:00-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:15 dinner	19:30-19:45 summary	19:45 relaxation	21:00 quiet hours
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TUESDAY

3	07:15 breakfast	07:45 departure	8:15-9:00 off ice	9:45-10:45 ice training 	11:15-12:00 workshops basics warm-ups	12:00 lunch	12:45-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:15 dinner	19:30-20:00 summary + draft	21:00 quiet hours
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WEDNESDAY

4	07:15 breakfast	07:45 departure	8:15-9:00 football tournament	9:45-10:45 ice training 	11:15-12:15 video theory	12:15 lunch	13:30-14:30 rest	14:30-15:15 mental 	15:15 departure	16:00-17:15 Ziëtaara Cup Tournament	18:15 dinner	19:00-19:45 Aquapark Nemo	20:15 summary	21:30 quiet hours
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THURSDAY

5	07:15 breakfast	07:45 departure	8:15-9:00 stick technique	9:45-10:45 ice training 	11:15-12:00 football tournament	12:00 lunch	12:45-14:30 rest	14:30-15:15 mental 	15:40 departure	16:30-17:45 ice training II 	18:15 dinner	19:00-19:45 quiz night	19:45 summary	21:00 quiet hours
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FRIDAY

6	08:00 breakfast	09:00 check out and departure	10:00-11:00 ice training 	11:30-12:30 bumperball	12:45 lunch	13:15-14:00 mental 	15:00-16:15 match 	od 16:30 grill + pick up of the players
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* The detailed camp program will be sent to participants 14 days before the start of the camp.



VIDEO ANALYSIS - GOALKEEPERS
2 X DAYS DETERMINED WITH THE COACH