



SKILLS CAMP

SOSNOWIEC
6.07-11.07.2025

SUMMER
CAMPS
2025

#2 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 Ziëtarà 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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VIDEO ANALYSIS - GOALKEEPERS
2 X DAYS DETERMINED WITH THE COACH



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#2

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 Ziëtarà 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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SPORT REBEL
BAUER

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2 X DAYS DETERMINED WITH THE COACH



SKILLS CAMP

SOSNOWIEC
6.07-11.07.2025

SUMMER
CAMPS
2025

#1 GROUP C

SUNDAY

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

2	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:00-11:15 spikeball + games and fun	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 ice training II 	16:45-17:30 stick technique	17:45 dinner	18:30 summary	18:45-19:15 team selection	19:15-19:45 relaxation	21:00 quiet hours
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TUESDAY

3	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 off ice	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 skills competition	16:45-17:30 football tournament	17:45 dinner	19:00-19:45 quiz night	19:45 summary	21:00 quiet hours
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WEDNESDAY

4	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 football tournament	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:00 departure	14:45-16:00 Ziëtarã Cup Tournament	16:30-17:15 video / theory	17:30 dinner	18:15-19:00 Aquapark Nemo	19:30 summary	21:30 quiet hours
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THURSDAY

5	06:40 breakfast	07:10 departure	8:15-9:30 ice training 	10:30-11:15 stick technique	11:30 lunch	12:15-13:15 rest	13:15-14:00 mental 	14:10 departure	15:00-16:15 ZHL tournament 	16:45-17:30 warm-ups basics	17:45 dinner	18:30-19:15 summary	21:00 quiet hours
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FRIDAY

6	09:00 breakfast	10:00 check out and departure	11:15-12:15 ice training 	13:00 lunch	14:00-14:45 mental 	15:00-15:45 bumperball	16:30-17:45 match 	18:00 grill + pick up of the players
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GROUP C

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