

TWO DAYS HOCKEY GOALIE CLINIC CAMP IN LJUBLJANA

Saturday 31.8.2019

8:15 – meeting in locker room TIVOLI (ice arena)

8:30 – 9:00 – warm up

9:30 – 10.:30 – tranining on ice

10:30 – 11:10 – run

11:15 – 11:40 – hygiene

11:45 – 12:15 lunch (including in price)

12:15 – 13:30 – video analisys, rest

14:15 – 15:15 – tranining on ice

15:45 – 16:45 – off ice

16:45 – 17:00 hygiene

17:00 The End of daily programme 31.8.

Sunday 1.9.2019

7:25 – meeting in loocker room TIVOLI (ice arena)

7:30 – 8:00 – video analysis 31.8.

8:00 – 8:30 – warm up

9:00 – 10:00 – tranining on ice

10:20 – 10:40 – run

10:45 – 11:00 – hygiene

11:15 – 11:45 lunch (including in price)

11:45 – 12:30 – video analysis, rest

13:00 – 14:00 – tranining on ice

14:45 – 15:45 – off ice

15:45 – 16:00 hygiene

17:00 The End of HGC camp in Ljubljana

