

PELIFIT ICE HOCKEY TRAININGS

DUMFRIES – SCOTLAND, UNITED KINGDOM

19th - 20th of February 2025



TRAINING PROGRAM



DAY 1. – 19.2.2025

9:45 – meeting and registration

10:00 – quick warm up

10:45 – 11:45 – power skating – ice session

12:00 – 12:45 – off ice training

12:45 – 13:30 - snack break

13:45 – 14:45 – skating/puck control – ice session

15:00 – stretching

15:30 – end of the day meeting

DAY 2. – 20.2.2025

10:00 – meeting and quick warm up

10:45 – 11:45 – power skating, small skating area – ice session

12:00 – 12:45 – off ice training

12:45 – 13:30 - snack break

13:45 – 14:45 – skating/puck control/shooting – ice session

15:00 – stretching

15:30 – final meeting



Please bring tracksuits for off ice training. Snack (fruit) will be provided.