



ICE PLAN Oktober 2021

Version: 30.09.2021



Date		Developing physical literacy	Developing physical literacy		Developing physical literacy	Learn	Train	Excellence	Win
Date	Day	ACTIVE START (2017 + 2016)	FUNDamentals 1 (2014 +2015)	FUNDamentals 2 (2012+ 2013)	LEARN TO TRAIN (2010+ 2011)	TRAIN TO TRAIN 1 (2009)	TRAIN TO TRAIN 2 (2005+2006+2007+2008)	TRAIN TO COMPETE (2002+2003+2004+2005+2006)	TRAIN TO WIN 19 + IHL
27	Mon	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Skating Technique Skating Games	16:15 - 16:25 Warm up 17:00-17:45 Ice Skating Technique Small Area Games Individual Skills 18:00-18:45 Off Ice	17:15 - 17:25 Warm up 18:00-18:45 Ice Skating Technique Small Area Games Individual Skills	18:15 - 18:25 Warm up 19:00-19:45 Ice Skating Technique Small Area Games Individual Skills		20:00-21:00
28	Tue				16:15 - 16:25 Warm up 17:00 - 17:45 Ice Individual Skills Goalies	17:00 - 17:45 Off Ice 18:00 - 18:45 Ice Individual Skills Goalies	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Goalies		day off
29	Wed	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Small Area Games Skating Games	17:00-17:45 2011 + 2012 optional Free Ice	17:45-18:30 2009 + 2010 optional Free Ice	16:30 - 18:00 Office Consultation Jan 16:45 Alex 17:15 Arnie 17:45 David 18:15 Kamil	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Team Drills	19:45-21:00
30	Thu				17:15 - 18:00 Off Ice	18:00 - 18:45 Off Ice	16:00 - 17:00 (only 2007 + 2008) Off Ice 17:15-18:15 (only 2007 + 2008) Team Drills	18:30 - 19:30 (only 2005 + 2006 + optional 2007 +2008) Free Ice	19:45-21:00
1	Fri		14:00 - 14:10 Warm up Skates tying 14:45 - 15:30 Ice Small Area Games Cross Ice Hockey	14:45 - 14:55 Warm up 15:30-16:15 Ice Small Area Games Cross Ice Hockey	15: 45 - 15:55 Warm up 16:30-17:15 Ice Team Drills	16:15 - 16:45 Video + Mental Training 16:45-16:55 Warm up 17:30-18:15 Ice Team Drills	16:45 - 17:15 Video + Mental Training 17:30 - 18:00 Off Ice 18:30-19:15 Ice Team Drills	18:30 - 18:40 Warm up 19:15 - 19:45 Team Drills	20:00-21:00
2	Sat			11:00 U11 HCE - Lana (2012)	15:30 U13 HCE - Junior Teams (2010 + 2011)		18:30 U17 Aosta - HCE		19:30 Valdifiemme - HCE
3	Sun		10:30 U9 Junior Teams - HCE			12:20 U13 Asiago - HCE Yellow		16:30 U19 HCE - Asiago	

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4	Mon	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Skating Technique Skating Games	16:15 - 16:25 Warm up 17:00-17:45 Ice Skating Technique Small Area Games Individual Skills 18:00-18:45 Off Ice	17:15 - 17:25 Warm up 18:00-18:45 Ice Skating Technique Small Area Games Individual Skills	18:15 - 18:25 Warm up 19:00-19:45 Ice Skating Technique Small Area Games Individual Skills		20:00-21:00
5	Tue				16:15 - 16:25 Warm up 17:00 - 17:45 Ice Individual Skills Goalies	17:00 - 17:45 Off Ice 18:00 - 18:45 Ice Individual Skills Goalies	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Goalies		day off
6	Wed	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Small Area Games Skating Games	17:00-17:45 2011 + 2012 optional Free Ice	17:45-18:30 2009 + 2010 optional Free Ice	16:30 - 18:00 Office Consultation Jan 16:45 Alex 17:15 Arnie 17:45 David 18:15 Kamil	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Team Drills	19:45-21:00
7	Thu				17:15 - 18:00 Off Ice	18:00 - 18:45 Off Ice	16:00 - 17:00 (only 2007 + 2008) Off Ice 17:15-18:15 (only 2007 + 2008) Team Drills	18:30 - 19:30 (only 2005 + 2006 + optional 2007 +2008) Free Ice	19:45-21:00
8	Fri		(2013 + 2014 +2015) 14:00 - 14:10 Warm up 14:45 - 15:30 Ice Small Area Games Cross Ice Hockey		(2010 + 2011 + 2012) 15: 45 - 15:55 Warm up 16:30-17:15 Ice Team Drills	16:15 - 16:45 Video + Mental Training 16:45-16:55 Warm up 17:30-18:15 Ice Team Drills	16:45 - 17:15 Video + Mental Training 17:30 - 18:00 Off Ice 18:30-19:15 Ice Team Drills	18:30 - 18:40 Warm up 19:15 - 19:45 Team Drills	20:00-21:00
9	Sat		??:?? U9 Turnier @ Auer/Ora		11:00 U13 HCE Blue - Rittner Buam		16:15 U17 HCE - Junior Teams		19:30 HCE - Toblach/Dobbiaco
10	Sun			??:?? U11 HCE Yellow Torneo @ Auer/Ora ??:?? U11 HCE Blue Torneo @ Toblach/Dobbiaco			11:00 U15 HCE - Falcons Brixen	14:00 U19 Valdifemme - HCE	

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11	Mon	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Technique Skating Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Skating Technique Skating Games	16:15 - 16:25 Warm up 17:00-17:45 Ice Skating Technique Small Area Games Individual Skills 18:00-18:45 Off Ice	17:15 - 17:25 Warm up 18:00-18:45 Ice Skating Technique Small Area Games Individual Skills	18:15 - 18:25 Warm up 19:00-19:45 Ice Skating Technique Small Area Games Individual Skills		20:00-21:00
12	Tue				16:15 - 16:25 Warm up 17:00 - 17:45 Ice Individual Skills Goalies	17:00 - 17:45 Off Ice 18:00 - 18:45 Ice Individual Skills Goalies	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Goalies		day off
13	Wed	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	14:30 - 14:40 Warm up Skates tying 15:15 - 16:00 Ice Skating Games Small Area Games	15:15 - 15:25 Warm up 16:00-16:45 Ice Small Area Games Skating Games	17:00-17:45 2011 + 2012 optional Free Ice	17:45-18:30 2009 + 2010 optional Free Ice	16:30 - 18:00 Office Consultation Jan 16:45 Alex 17:15 Arnie 17:45 David 18:15 Kamil	17:45 - 18:30 Off Ice 18:45 - 19:30 Ice Team Drills	19:45-21:00
14	Thu				17:15 - 18:00 Off Ice	18:00 - 18:45 Off Ice	16:00 - 17:00 (only 2007 + 2008) Off Ice 17:15-18:15 (only 2007 + 2008) Team Drills	18:30 - 19:30 (only 2005 + 2006 + optional 2007 +2008) Free Ice	20:30 Pergine - HCE
15	Fri		14:00 - 14:10 Warm up Skates tying 14:45 - 15:30 Ice Small Area Games Cross Ice Hockey	14:45 - 14:55 Warm up 15:30-16:15 Ice Small Area Games Cross Ice Hockey	15: 45 - 15:55 Warm up 16:30-17:15 Ice Team Drills	16:15 - 16:45 Video + Mental Training 16:45-16:55 Warm up 17:30-18:15 Ice Team Drills	16:45 - 17:15 Video + Mental Training 17:30 - 18:00 Off Ice 18:30-19:15 Ice Team Drills	18:30 - 18:40 Warm up 19:15 - 19:45 Team Drills	20:00-21:00
16	Sat				18:00 U13 Meran Junior - HCE Blue	11:00 U13 HCE Yellow - Padova	16:30 U17 HCE - Fassa Falcons		
17	Sun						12:30 U15 Padova - HCE	16:30 U19 HCE - Trento/Bolzano	

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23	Sat		09:00 U9 Turnier @ Eppan/Appiano			17:30 U13 Cadore/Zoldo - HCE Yellow	18:15 U17 Trento - HCE		19:30 HCE - Como
24	Sun			14:00 U11 HCE Yellow Torneo @ Eppan/Appiano U11 HCE Blue Spielfrei/Giornata di riposo			11:00 U15 HCE - Junior Teams	16:30 U19 HCE - Meran Junior	

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30	Sat				17:30 U13 Junior Teams - HCE Blue	16:30 U13 HCE Yellow - Cortina			19:30 Unterland - HCE
31	Sun						11:00 U15 HCE - Zold/Cadore	16:30 U19 HCE - Gherdeina	