




SATURDAY - 30th DECEMBER 2017

GROUP 1		GROUP 2		GROUP 3 & 4			
ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY			
Basic Skating Pass Exercises Individual Technique Shooting Exercises 1x0 Exercise <u>Goalkeeper Specific Training</u>	09:00	Individual Technique Pass Exercises Shooting Exercises 1x0 Exercise <u>Goalkeeper Specific Training</u>	09:00	ARRIVE SPORTS CENTRE			
	09:15		09:15				
	09:30		09:30				
	09:45		09:45				
	10:00		10:00				
	10:15		10:15				
	10:30		10:30				
	10:45		10:45				
	11:00		11:00				
			11:15				11:15
	11:30		11:30				
Lunch	11:45	Lunch	11:45				
	12:00		12:00				
MEETING	12:15	MEETING	12:15				
	12:30		12:30				
	12:45		12:45				
	13:00		13:00				
GAMES	13:15	GAMES	13:15	GAMES			
	13:30		13:30				
	13:45		13:45				
	14:00		14:00				
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	16:00		16:00				
	16:15		16:15				
	16:30		16:30				
	16:45		16:45				
	17:00		17:00				
	17:15		17:15				
	17:30		17:30				
	17:45		17:45				
	18:00		18:00				

RINK 
 OFF RINK TRAINING 
 REST TIME 
 LUNCH 