



Örebro Hockey Ungdom
Sportlovscamp 2024
Grupp -14/15

BAUER

| Tisdag 20/2 | Onsdag 21/2 | Torsdag 22/2 | |
|------------------------------------|------------------------------------|------------------------------------|--|
| 08:45– 09:45 Ispass | 07:30 – 08:30 Ispass | 08:30-09:15 Fys/uppvärmning | |
| 10:30-11:20 Fys | 09:30 – 10:30 Fys/Mellis | 10:00 – 11:00 Ispass | |
| 11:30-12:00 Lunch | 11:15– 12:15 Ispass | 12:00-13:00 Lunch | |
| 12:30-13:30 Ispass | 12:45-13:30 Lunch | 13:45-14:45 Matchspel | |
| 14:00-16:00 Teori / Bollspel | 14:00-14:30 Teori | 15:00-15:30 Avslutning | |
| | 15:00 – 16:00 Ispass | | |
| | | | |
| | | | |