



Örebro Hockey Ungdom  
Höstlovs-camp 2024

Grupp -13/14

**BAUER**

| Tisdag 29/10                       | Onsdag 30/10                        | Torsdag 31/10                      |  |
|------------------------------------|-------------------------------------|------------------------------------|--|
| 08:15– 09:15<br>Uppvärmning/fys    | 08:45 – 09:45<br>Ispass             | 07:30-08:30<br>Ispass              |  |
| 10:00-11:00<br>Ispass              | 10:30 – 11:20<br>Fys                | 09:30 – 10:30<br>Fys/Mellis        |  |
| <b>12:00-13:00</b><br><b>Lunch</b> | <b>11:30– 12:00</b><br><b>Lunch</b> | 11:15-12:15<br>Ispass              |  |
| 13:45-14:45<br>Ispass              | 12:30-13:30<br>Ispass               | <b>12:45-13:30</b><br><b>Lunch</b> |  |
| 15:15-16:00<br>Bollspel            | 14:00-14:45<br>Teori/mellis         | 15:00-16:00<br>Matchspel           |  |
|                                    | 15:00 – 16:00<br>Bollspel           |                                    |  |
|                                    |                                     |                                    |  |
|                                    |                                     |                                    |  |