

# ★TEAM PLANET HOCKEY USA - BANTAM 14U ★

Coach - Chris Lockrem (CO)

<b>DAY 1</b>	8:45-9:30	Dryland Training
Lørdag		
Saturday	<b>10:00-11:15</b>	<b>ICE #1 - Power Skating NIC GLADER (Pro Rink)</b>
7/30	11:45-12:15	Stickhandling
	12:15-12:45	Lunch - players/coaches
	12:45-1:00	Team Meeting (players & coaches)
	1:15-2:45	X-Games. Gym - Handball
	<b>3:15-4:30</b>	<b>ICE #2 - Skills Training (Rink 2)</b>
Goalie	5:30	BBQ @ Rink / Players dep. w Host Family after
Rink 2		
12:45-1:45		
<b>DAY 2</b>	8:45-9:30	Dryland Training
Søndag		
Sunday	<b>10:00-11:15</b>	<b>ICE #1 - Power Skating NIC GLADER (Pro Rink)</b>
7/31	11:45-12:15	Stickhandling
	12:15-12:45	Lunch - players/coaches
	12:45-1:00	Team Meeting (players & coaches)
	1:15-2:45	X-Games. Gym - Handball
	<b>3:15-4:30</b>	<b>ICE #2 - Skills Training (Rink 2)</b>
Goalie	5:30 (meet @ rink)	Host Family Dinner
Rink 2		
12:45-1:45		
<b>DAY 3</b>	8:45-9:30	Dryland Training
Mandag	<b>10:00-11:15</b>	<b>ICE #1 - Power Skating NIC GLADER (Pro Rink)</b>
Monday	11:45-12:15	Stickhandling
8/1	12:15-12:45	Lunch - players/coaches
	12:45-1:00	Team Meeting (players & coaches)
	1:15-2:45	X-Games. Gym - Handball
	<b>3:15-4:30</b>	<b>ICE #2 - Skills Training (Rink 2)</b>
Goalie	6:30	PH Parent/Coach Dinner - Location TBD
Rink 2		
12:45-1:45		
<b>DAY 4</b>	8:45-10:00	<b>ICE - Skills Training (Rink 2)</b>
Tirsdag	10:30-11:15	X-Games
Tuesday	11:15-11:45	Lunch - players/coaches @ rink
8/2	12:15	LV Rink for Touring Day (Ribe, Denmark)
	9:15pm	AR Rink - host family pick up
<b>DAY 5</b>	8:30-9:45	<b>ICE - Forward/Defense Skills Training</b>
Onsdag	10:15-11:30	X-Games
Wednesday	11:45-12:15	Stickhandling
8/3	12:15-12:45	Lunch - players/coaches
	1:00-2:00	Yoga
	<b>2:45-4:00</b>	<b>3 v 3 Tourney (Pro Rink)</b>
Goalie	4:30-4:45	Team Stretch/Team Meeting
Rink 2	3:30-6:45	Music, Beer Tent, Easy Food, Gathering
12:45-1:45	7:00	Pub Crawl
<b>DAY 6</b>	8:30-9:30	X-Games Soccer
Torsdag	<b>10:00-11:15</b>	<b>ICE - Forward/Defense Skills Training</b>
Thursday	11:45-12:15	Stickhandling
8/4	12:15-12:45	Lunch - players/coaches
	1:00-1:30	Classroom/Lecture
	1:45-2:15	Dryland Training
	2:30-2:45	Team Stretch/Team Meeting
	<b>3:30-4:45</b>	<b>Game: EIK vs PH (Rink 2)</b>
		Parent Dinner - On own. Free night
<b>DAY 7</b>	11:15-12:15	X-Games
Fredag	12:15-12:45	Lunch - players/coaches
Friday	<b>1:15-2:15</b>	<b>Mixed Bench Game vs EIK (Pro Rink)</b>
8/5	<b>2:30-3:30</b>	<b>Skills Competition (Rink 2)</b>
	4:00-4:15	Top Players Presentation
	4:15-4:30	Team Closing - parents/players
	4:30-5:00	Player/Parent Assessment (optional)
	5:30pm	BBQ at Rink/Closing Party
<b>DAY 8 (Sat 8/6)</b>		Departure



## EUROPEAN HOCKEY SUMMIT

Esbjerg, Denmark - 2022

### Scandic Olympic Hotel

Strandbygade 3

6700 Esbjerg, Denmark +45 75 18 11 88

### Friday, July 29 "Meet & Greet & Opening"

4:00-4:45pm Host Family Meet & Greet @ Hotel

4:45pm Walk to Rink

5:45-6:15pm Opening Ceremonies - Pro Rink

6:15-6:30 Team meetings (players & parents)

6:30pm Beer Tent & light food opens

6:30-6:45pm All Coaches Meeting - location tbd

Evening Parent dinner on own

### Touring Day (Tuesday, 8/2)

12:15pm Bus lv rink to Ribe - oldest Dmk town

1:15pm, ar Ribe. Tour Ribe Cathedral. Free time

5:15 bus to Restaurant Kammerslusen. Dinner

7:15 bus to Ribe for guided tour by Old Guard

9:15 ar @ rink for player pick up, then to hotel

### ICE SCHEDULE (Wed-Fri)

**Squirt** **Peewee** **Bantam** **Midget**

Pro Rink

Rink 2

### Wednesday, 8/3 (Day 5)

8:30-9:45	Fwd Skills	8:45-10:00	Def Skills
	Def Skills		Def Skills
10:00-11:15	Skills	10:15-11:30	Skills
11:30-1:00	Pro Ice	12:45-1:45	Goaltender
1:15-2:30	3v3 Tourney	2:00-3:15	3v3 Tourney
2:45-4:00	3v3 Tourney	3:30-4:45	3v3 Tourney

### Thursday, 8/4 (Day 6)

8:30-9:45	Skills	8:45-10:00	Skills
10:00-11:15	Def Skills	10:15-11:30	Fwd Skills
	Def Skills		Fwd Skills
11:30-1:00	Open Ice	12:45-1:45	Open Ice
1:15-2:30	EIK vs PH	2:00-3:15	EIK vs PH
2:45-4:00	EIK vs PH	3:30-4:45	EIK vs PH

### Friday, 8/5 (Day 7)

8:45-9:45	Mix'd Bench	10:00-11:00	Skills Comp
10:00-11:00	Mix'd Bench	11:15-12:15	Skills Comp
11:30-1:00	Pro Ice		
1:15-2:15	Mix'd Bench	2:30-3:30	Skills Comp
2:30-3:30	Mix'd Bench	3:45-4:45	Skills Comp