



HOCKEY CLUB ASIAGO JUNIOR SETTORE GIOVANILE

Programma Allenamenti dal 4.2. al 10.2.2019

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
PORTIERI	13.45 - 14.45 ICE (ragazzi 2006 - 2011)	13.30 - 14.30 ICE					
	19.45 - 20.45 ICE (ragazzi 2002-05)	(ragazzi 2002-05)					
AVVIAMENTO			17.00 - 18.00 ICE		17.00 - 18.00 ICE		
Under 7 2012-2013	18.30 - 19.30 ICE		17.00 - 18.00 ICE		17.00 - 18.00 ICE		
Under 9 2010 - 2011	18.30 - 19.30 ICE		17.00 - 18.00 ICE		17.00 - 18.00 ICE		TORNEO a Alleghe 11:00 Partenza:
Under 11 2008 - 2009	18.30 - 19.30 ICE	13.30 - 14.30 ICE SKILL DRILLS	15.45 - 16.45 ICE	16.00 - 16.20 OFF ICE 16.45 - 18.00 ICE	17.00 - 18.00 ICE		
Under 13 2006 - 2007	15.00 - 16.15 ICE	13.30 - 14.30 ICE SKILL DRILLS	15.45 - 16.45 ICE	16.00 - 16.20 OFF ICE 16.45 - 18.00 ICE	15.45 - 16.45 ICE	PARTITA Lana - ASIAGO 17:30 Partenza:	
UNDER 15 2004 - 2005		17.50 - 18.10 WARM UP 18.30 - 19.30 ICE	18.15 - 19.30 ICE	17.30 - 17.50 WARM UP 18.15 - 19.30 ICE	18.15 - 19.30 ICE		
UNDER 17 2002 - 2003		18.45 - 19.15 OFF ICE 19.45 - 21.00 ICE	19.00 - 19.20 WARM UP 19.45 - 21.00 ICE	18.45 - 19.15 OFF ICE 19.45 - 21.00 ICE	18.45 - 19.15 Video 19.45 - 21.00 ICE		
UNDER 19 2000 - 2001		18.45 - 19.15 OFF ICE 19.45 - 21.00 ICE	19.00 - 19.20 WARM UP 19.45 - 21.00 ICE	18.45 - 19.15 OFF ICE 19.45 - 21.00 ICE	18.45 - 19.15 Video 19.45 - 21.00 ICE		PARTITA ASIAGO - Vipiteno 18:45 Ritrovo: 17:15