

Trainingslager Juniorinnen 2015 Willisau

| | Donnerstag | Freitag | Samstag | | |
|-------|--|-------------------------------|---------------------------|--|-------|
| 06.00 | | | | 06.00 | |
| 06.30 | | | | 06.30 | |
| 07.00 | | | | 07.00 | |
| 07.30 | | | | 07.30 | |
| 08.00 | Zmorge | Zmorge | | 08.00 | |
| 08.30 | | | | 08.30 | |
| 09.00 | | | Zmorge | 09.00 | |
| 09.30 | Verteidigung / Auslösung | Koordinations- Parcour | Uni-hockey- Parcour | Packen, aufräumen, putzen Preisverteilung etc. | 09.30 |
| 10.00 | | | | | 10.00 |
| 10.30 | | | | | 10.30 |
| 11.00 | | | | | 11.00 |
| 11.30 | | | | 11.30 | |
| 12.00 | | | | 12.00 | |
| 12.30 | Zmittag | | 12:30 Abfahrt nach Zürich | 12.30 | |
| 13.00 | | Zmittag | | 13.00 | |
| 13.30 | | | | 13.30 | |
| 14.00 | KF- Spiel (Taktik) | Training nach Bedarf | 13:56 Ankunft in Zürich | 14.00 | |
| 14.30 | | | 14.30 | | |
| 15.00 | | | 15.00 | | |
| 15.30 | | | 15.30 | | |
| 16:00 | | | | 16:00 | |
| 16.30 | | | | 16.30 | |
| 17.00 | Grillplausch in der Badi (Schönwetterprogramm) | | | 17.00 | |
| 17.30 | | | | 17.30 | |
| 18.00 | | | | 18.00 | |
| 18.30 | | Znacht | | 18.30 | |
| 19.00 | | | | 19.00 | |
| 19.30 | | | | 19.30 | |
| 20.00 | | Spielabend und Abschlussabend | | 20.00 | |
| 20.30 | | | 20.30 | | |
| 21.00 | | | 21.00 | | |
| 21.30 | | | 21.30 | | |
| 22.00 | Nachtruhe | | | 22.00 | |
| 22.30 | | | | 22.30 | |
| 23.00 | | | | 23.00 | |
| 23.30 | | Nachtruhe | | 23.30 | |
| 24.00 | | | | 24.00 | |