



Wochenplan KW 35
U18-Elit
EHC Biel-Bienne Spirit

Monday	Tuesday	Tuesday	Wednesday	Thursday	Thursday	Friday	Saturday	Sunday
25.08.2025	26.08.2025	26.08.2025	27.08.2025	27.08.2025	28.08.2025	29.08.2025	30.08.2025	31.08.2025
Tissot Arena	Tissot Arena	Tissot Arena	Day Off	Tissot Arena	Tissot Arena	Game Day	Day Off	Game Day
Ice 08:00-08:45 TA1 4 Groups Stationen Battles Passing Shooting Skating 08:45 Eisreinigung 09:00-09:45 Game Situations 2vs2, 4vs4, SAG Off-Ice 10:00-10:30	Fördertraining Ice 07:30-08:30 TA2 2 Groups Forward / Defender Off-Ice 08:45-09:15	Off-Ice 18:00-18:45 Outside Schnelligkeit SAQ Ice 19:30-20:45 TA2 Puckmanagement Passing, Shooting SAG, Full Ice Cool Down	Free Ice 20:00-21:00	Fördertraining Ice 08:00-08:45 TA2 Skill Skating, Passing Puckcontrol 08:45 Eisreinigung 09:00-09:45 2 Groups Forward / Defender OZ Plays / DZ	Off-Ice 16:45-17:30 "Gym Pro" Schnellkraft Legs Ice 18:15-19:15 Game Situations FC 1-2-2 / 2-1-2 // BO SAG, Full Ice Pre Game Meeting 19:30-20:00 Media	Game Away (1) 17:00 EV Zug - Biel OYM Departure 13:45	Frei	Game Home (2) 19:30 Biel - SRJ Lakers TA 1 Meeting 18:00