

CHAMPIONS CAMP 2025

TRAININGSPLAN/TRAINING SCHEDULE

MITTWOCH/WEDNESDAY

23/7

13.00 - 18.00h Registrierung/Registration

U12



15.00-16.15h

technique/tactics

U16

male



16.15-17.30h

technique/tactics

U16

female



17.30-18.45h

technique/tactics

16+



18.45-20.00h

technique/tactics

DONNERSTAG/THURSDAY

24/7

U12



08.00-09.15h

technique

U16

male



09.30-10.45h

technique

U16

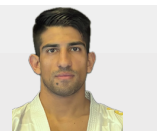
female



11.00-12.15h

technique

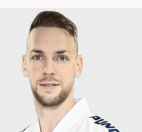
16+



12.30-13.45h

technique

U12

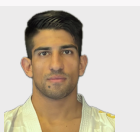


14.00-15.15h

tactics

U16

male



15.30-16.45h

tactics

U16

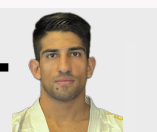
female



17.00-18.15h

tactics

16+



18.30-19.45h

tactics

FREITAG/FRIDAY

25/7

12:00 - 12:30h
Meet & Greet / Ehrengäste

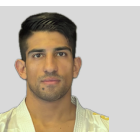
U12



08.00-09.15h

sparring

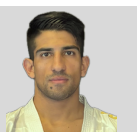
U16



09.30-10.45h

sparring

U18



11.00-12.15h

sparring

18+



12.30-13.45h

sparring

U12



14.00-15.15h

coordination

U16



15.30-16.45h

coordination

U18



17.00-18.15h

coordination

18+



18.30-19.45h

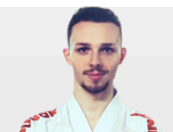
coordination

SAMSTAG/SATURDAY

26/7

09:15 h & 12:15h
Fragestunde/ Q&A

U12

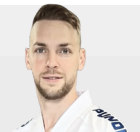


08.00-09.15h

technique

U16

male

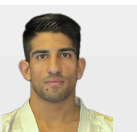


09.30-10.45h

technique

U16

female



11.00-12.15h

technique

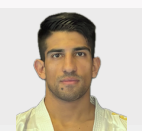
16+



12.30-13.45h

technique

U12



14.00-15.15h

tactics

U16

male



15.30-16.45h

tactics

U16

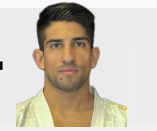
female



17.00-18.15h

tactics

16+



18.30-19.45h

tactics

SONNTAG/SUNDAY

27/7

U12



08.00-09.15h

technique/tactics

U16

male



09.30-10.45h

technique/tactics

U16

female



11.00-12.15h

technique/tactics

16+



12.30-13.45h

technique/tactics

TRAINING ONLY IN YOUR AGE GROUPE