

# May 2025 - Training Camp

Welcome to our training camp programme for 17th and 18th May 2025. This schedule includes dedicated sessions for our U17, U19, Seniors and Masters teams, providing intensive training opportunities to hone skills and build team cohesion.

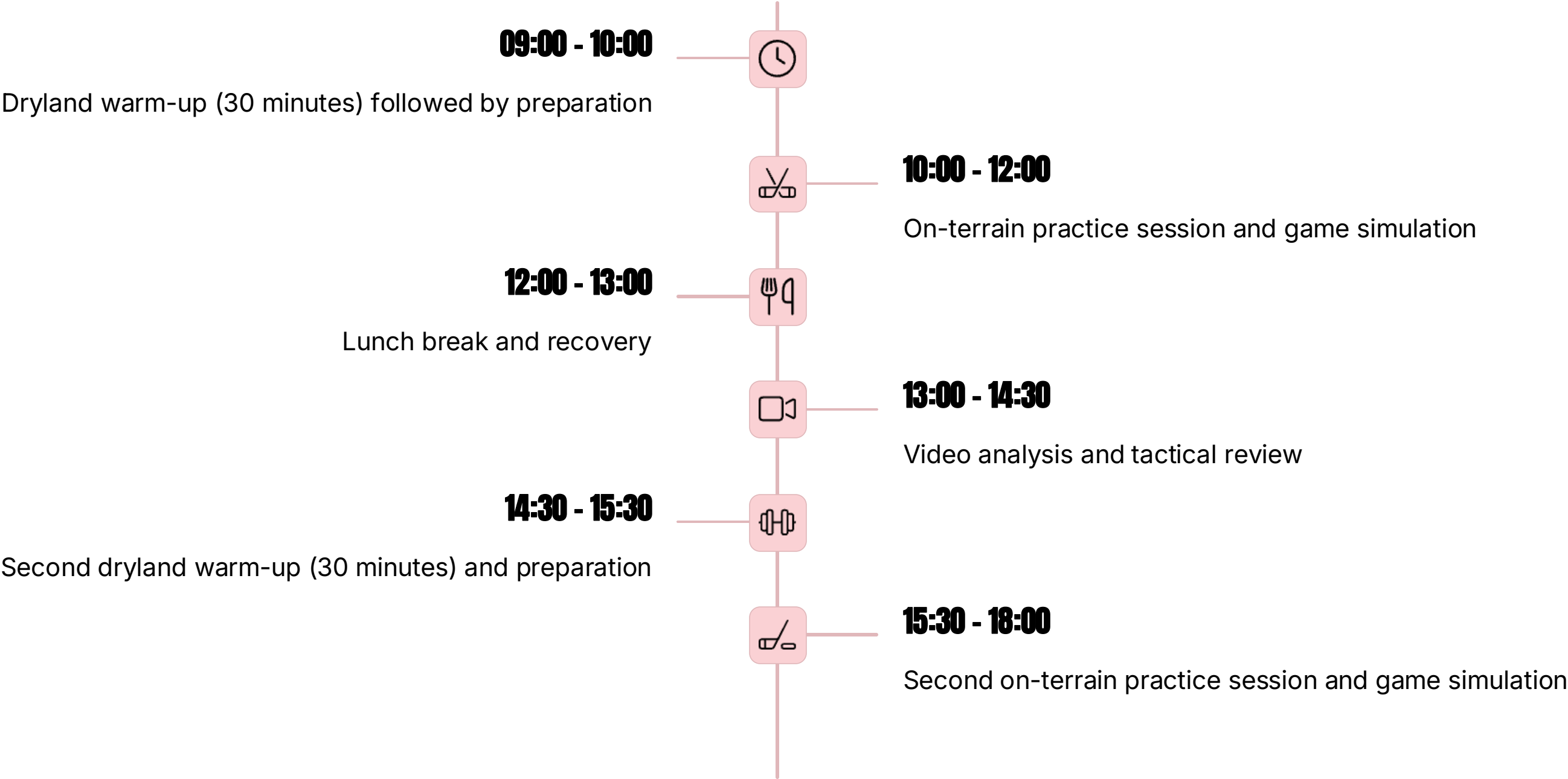
Each team will follow a carefully structured regimen of dryland warm-ups, on-terrain practices, game simulations, video analysis sessions and appropriate recovery periods. Please note your team's specific timings and ensure punctual attendance to maximise these valuable development sessions.

Adress: Centre Sportif de Bastogne – Av. Gustave Delperdange

**#INLINEHOCKEYBELGIUM**



# U17 Team Schedule - 17th May







# Seniors Team Schedule - 17th May



## Morning Session

- 10:30 - 11:30: Dryland warm-up (30 minutes)
- 11:30 - 13:30: On-terrain practice and game simulation
- 13:30 - 14:30: Lunch break



## Midday Analysis

- 14:30 - 16:00: Video analysis session
- Focus on tactical improvements and strategy adaptation



## Afternoon Session

- 16:00 - 17:00: Second dryland warm-up (30 minutes)
- 17:00 - 19:30: Second on-terrain practice and game



# Masters Team Schedule - 17th May

## Evening Session Only

The Masters team has a streamlined schedule with a single intensive evening session, designed to accommodate work commitments whilst providing high-quality training.

## Practice Timing

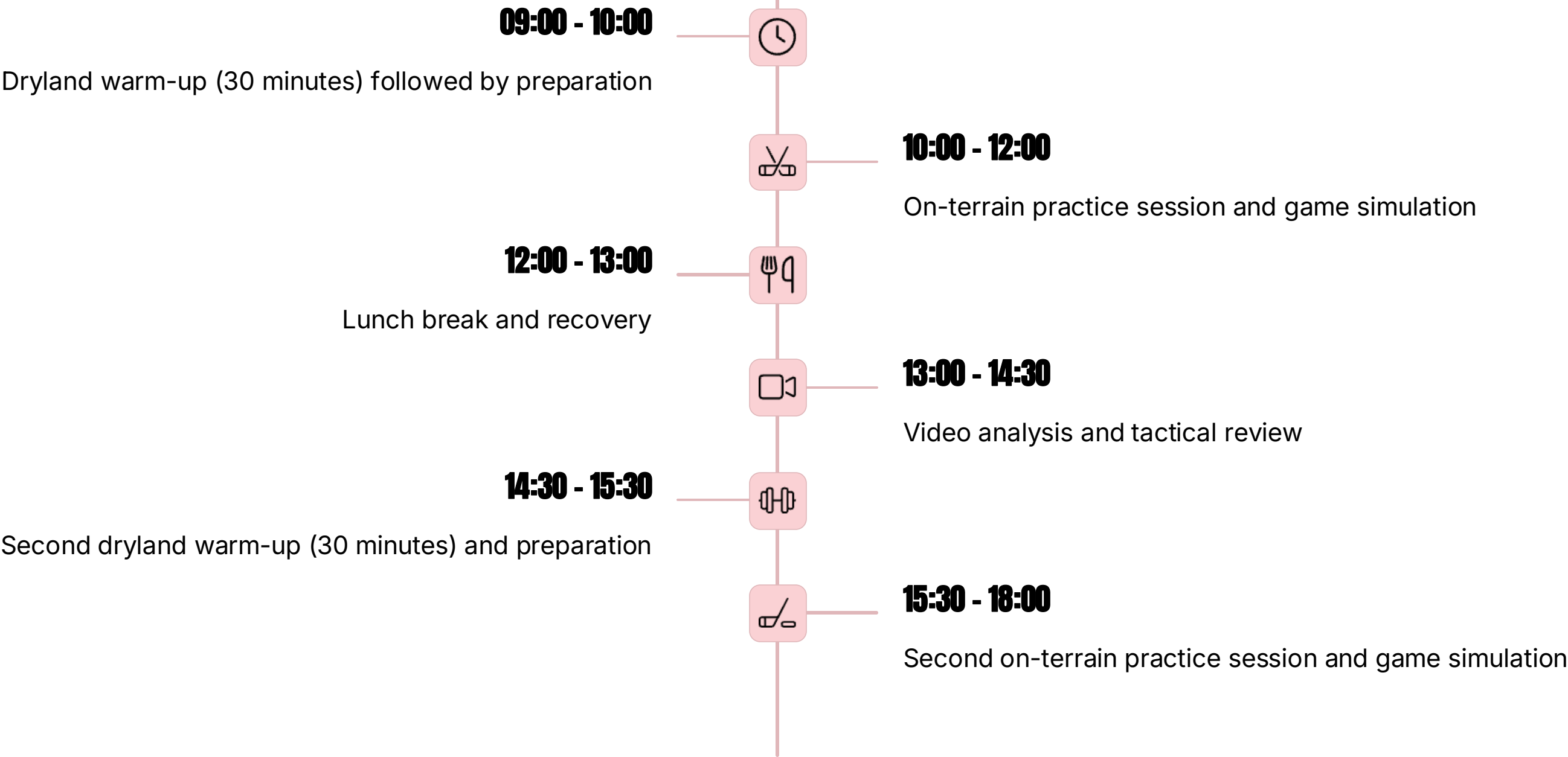
19:30 - 21:30: Full on-terrain practice and game simulation with tactical emphasis on competitive situations and specific gameplay scenarios relevant to upcoming fixtures.

## Focus Areas

Special attention will be given to power play formations, penalty killing strategies and maintaining positional discipline under pressure situations to maximise the limited practice time.

Masters players should arrive at least 30 minutes before the session begins to ensure adequate preparation time. A brief team discussion will follow the session to review performance and set expectations for the following day's training.

# U19 Team Schedule - 18th May





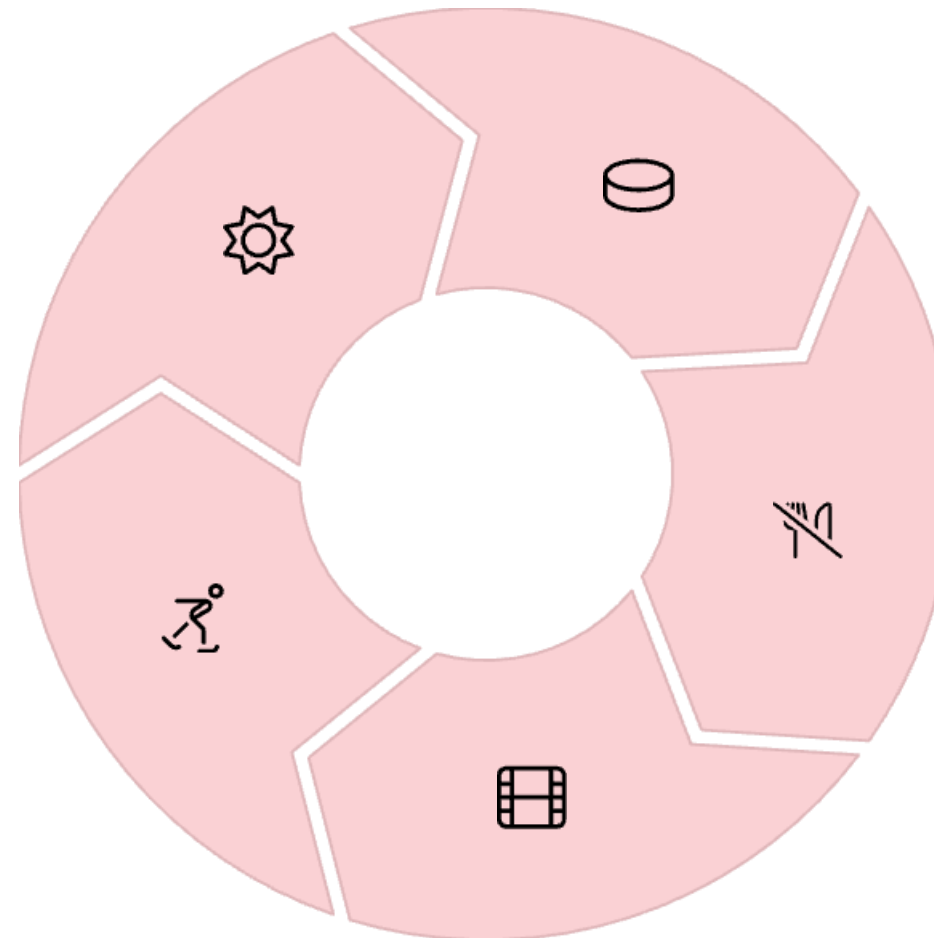
# Masters Team Schedule - 18th May

## Morning Preparation

10:30-11:30: Comprehensive dryland warm-up focusing on injury prevention and mobility

## Final Session

16:00-19:30: Second warm-up and intensive game simulation



## On-Ice Session

11:30-13:30: Technical skills practice and controlled scrimmage situations

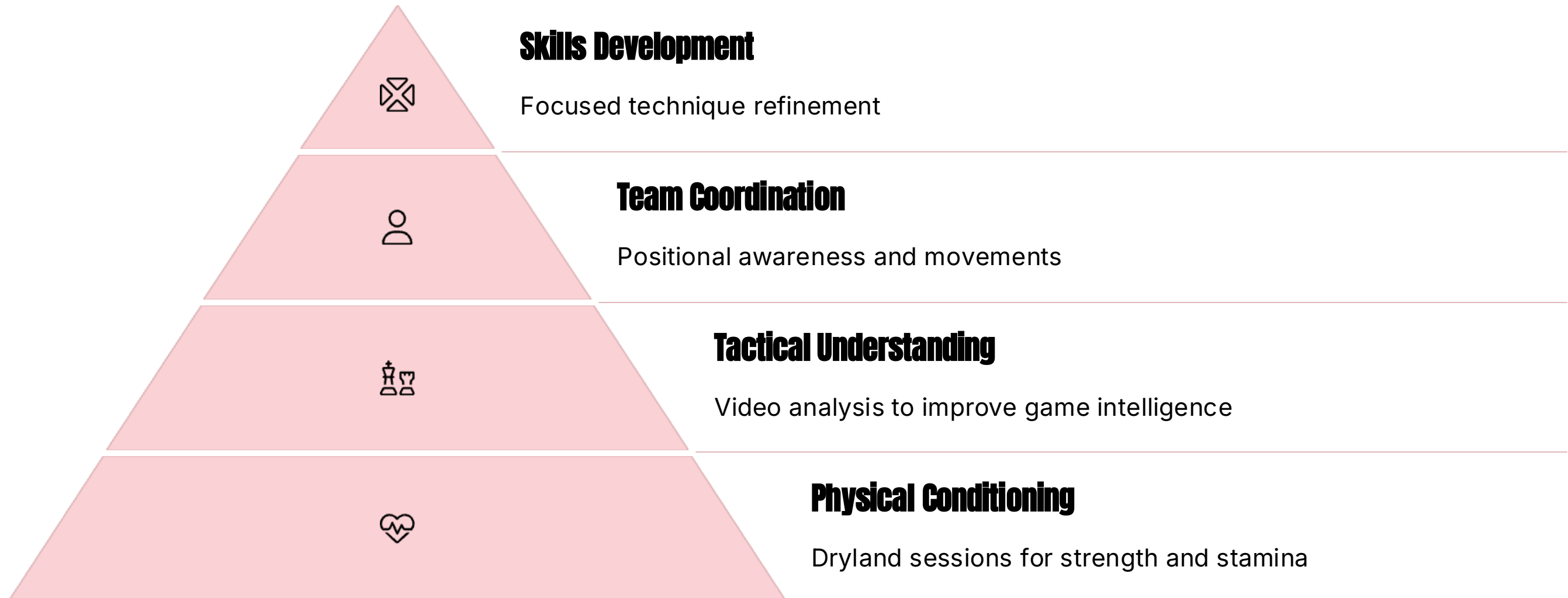
## Recovery Period

13:30-14:30: Nutritious lunch and hydration with recovery protocols

## Strategic Review

14:30-16:00: Detailed video analysis focusing on system implementation

# What you will learn



The teams will have complete program with morning and afternoon practice sessions separated by lunch and video analysis. The focus shifts slightly to preparing for weekend competition with more game-situation drills and specific opponent preparation.

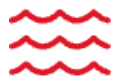


# Nutrition and Recovery Guidelines



## Pre-Training Nutrition

Consume a balanced meal 2-3 hours before training sessions, including complex carbohydrates, lean protein and healthy fats. Consider a small carbohydrate snack 30-60 minutes before activity if needed.



## Hydration Protocol

Begin each day well-hydrated and continue drinking water throughout sessions. Aim for 500ml 2 hours before training and regular sips during activity. Sports drinks are recommended for sessions lasting longer than 60 minutes.



## Recovery Practices

Prioritise protein intake within 30 minutes after training. Ensure 7-9 hours of quality sleep each night. Consider contrast therapy (alternating hot and cold) for muscle recovery between sessions.







# Equipment and Preparation Requirements

## Equipment Checklist

All players must bring full hockey kit including practice jerseys (light and dark), extra wheels, tape, and personal protective equipment. Ensure all equipment is in excellent condition, with particular attention to wheels and helmet integrity.

## Personal Items

Bring multiple changes of undergarments, towels, toiletries, and appropriate footwear for dryland training. Personal water bottles are mandatory and should be clearly labelled with your name.

## Information

All participants can gather information by sending an email to :

[Fabrice.bohm@rbihf.be](mailto:Fabrice.bohm@rbihf.be)