

Trainingsplan EVD-Jungfuechse Mai 21 Stand 26.05.21

Datum	TW	Laufschule 2 x 75 min	U 7 / U 9 2 x 75 min	U 11 2 x 75 min	U 13 4 Std	U 15 5 Std	U 17 BL 6 Std	U 20 DNL 7 Std
Sa 1						Gruppe 1 13:00 - 14:30 On Ice Wesel	13:00 - 14:30 On Ice Wesel	11:00 - 12:30 On Ice Wesel
So 2								
18 Mo 3								18:45 - 20:15 On Ice Wesel
Di 4			17:00 - 18:15 Zoom Training	17:00 - 18:15 Zoom Training		Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 18:45 - 20:00 On Ice Wesel	18:45 - 20:00 On Ice Wesel	
Mi 5						Gruppe 2 17:30 - 18:30 On Ice Wesel		18:45 - 20:00 On Ice Wesel
Do 6						Gruppe 1 18:00 - 19:00 On Ice Wesel	19:15 - 20:15 On Ice Wesel	
Fr 7			17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg	17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg		Gruppe 2 17:30 - 18:45 On Ice Wesel		19:00 - 20:15 On Ice Wesel
Sa 8						Gruppe 1 14:15 - 15:15 On Ice Wesel	12:45 - 13:45 On Ice Wesel	10:45 - 12:15 On Ice Wesel
So 9			10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 10:30 Theorie			
19 Mo 10					Ari 18:00 - 19:15 Zoom Training	Ari 18:00 - 19:15 Zoom Training	Ari 19:30 - 20:45 Zoom Training	18:45 - 20:15 On Ice Wesel
Di 11			17:00 - 18:15 Zoom Training	17:00 - 18:15 Zoom Training		Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 18:30 - 20:00 Zoom Training	18:45 - 20:15 Zoom Training	18:45 - 20:15 On Ice Wesel
Mi 12						Gruppe 1 18:45 - 20:00 On Ice Wesel	18:45 - 20:00 On Ice Wesel	Trainingsplan 90 min
Do 13					10:00 - 11:15 Zoom Training	Gruppe 1 15:00 - 16:15 On Ice Wesel	16:45 - 18:00 On Ice Wesel	18:30 - 19:45 On Ice Wesel
Fr 14			17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg	17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg		Gruppe 2 18:00 - 19:15 On Ice Wesel		
Sa 15						Gruppe 1 14:30 - 15:45 On Ice Wesel	12:45 - 14:00 On Ice Wesel	10:45 - 12:15 On Ice Wesel
So 16			10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 10:30 Theorie			
20 Mo 17					Ari 18:00 - 19:15 Zoom Training	Ari 18:00 - 19:15 Zoom Training	Ari 19:30 - 20:45 Zoom Training	18:45 - 20:15 On Ice Wesel
Di 18						Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 18:45 - 20:00 On Ice Wesel	18:45 - 20:00 On Ice Wesel	Trainingsplan 75 min
Mi 19			17:00 - 18:15 Off Ice Eishalle Moers	17:00 - 18:15 Off Ice Eishalle Moers		Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 19:00 - 20:30 Zoom Training	19:00 - 20:30 Zoom Training	18:45 - 20:00 On Ice Wesel
Do 20					17:30 - 18:45 Off Ice Eishalle Moers	Gruppe 1 18:00 - 19:00 On Ice Wesel	19:15 - 20:15 On Ice Wesel	19:30 - 21:00 Zoom Training

	Fr	21				17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg	17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg				
	Sa	22							Gruppe 2 Gruppe 1 14:15 - 15:30 On Ice Wesel	12:45 - 13:45 On Ice Wesel	10:45 - 12:15 On Ice Wesel
	So	23				10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 11:15 11:30 - 12:45 Moers Hornbach	10:00 - 10:30 Theorie			
21	Mo	24							Gruppe 2 10:00 - 11:15 On Ice Wesel Gruppe 1 13:15 - 14:30 On Ice Wesel	15:00 - 16:15 On Ice Wesel	11:30 - 12:45 On Ice Wesel
	Di	25						Theorie 18:45 - 19:15	Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 18:45 - 20:00 On Ice Wesel	18:45 - 20:00 On Ice Wesel	Trainingsplan 75 min
	Mi	26				17:00 - 18:15 Duisburg	17:00 - 18:15 Duisburg		Gruppe 2 17:30 - 18:30 On Ice Wesel Gruppe 1 18:45 - 20:15 Zoom Training	18:45 - 20:15 Zoom Training	18:45 - 20:15 On Ice Wesel
	Do	27						18:00 - 19:15 Stadtspark Moers	Gruppe 1 18:00 - 19:00 On Ice Wesel	19:15 - 20:15 On Ice Wesel	19:30 - 21:00 Stadtspark Moers
	Fr	28				17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg	17:00 - 18:15 18:15 - 19:30 Eissporthalle Duisburg				18:30 - 19:45 On Ice Wesel
	Sa	29				11:15 - 12:45 On Ice Wesel	11:15 - 12:45 On Ice Wesel	13:00 - 14:15 On Ice Wesel	14:30 - 15:45 On Ice Wesel	16:15 - 17:30 On Ice Wesel	18:00 - 19:30
	So	30				9:00 - 10:00 On Ice Wesel	9:00 - 10:00 On Ice Wesel	10:15 - 11:15 On Ice Wesel			
22	Mo	31						18:00 - 19:00 On Ice Wesel	Ari 18:00 - 19:15 Zoom Training	Ari 19:30 - 20:45 Zoom Training	19:15 - 20:45 On Ice Wesel