

Trainingsplan EVD-Jungfuechse Oktober 21 Stand 23.09.21

Datum	TW	Lehrschule 2 x 60 min	U 7 / U 9 Landeallg 3 Std	U11 Landeallg 3 Std	U 13 Bedrkeallg 4 Std Off Ice 90 min	U 15 Landeallg 4,5 Std Off Ice 120min	U 17 Regionallg 5 Std Off Ice 180min	U 20 DNL 6 Std Off Ice 180 min	1. Mannschaft Regionallg	Alte Herren
39	Fr 1								20:00 Heerenven	
	Sa 2	9:30 - 11:00 U9 - U11 - U13	9:30 - 11:00		10:15 Neuwied	11:15 - 12:45	13:45 Troisdorf	17:35 Frankfurt		
	So 3		11:30 Grefrath	9:45 - 11:00	17:15 - 18:45	17:15 - 18:45	19:30 Ratingen	10:00 Frankfurt	18:00 Salzgitter	
40	Mo 4		17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:30	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 5					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45 Off Ice 20:00 - 20:45	
	Mi 6	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30			18:15 - 19:30 Off Ice 19:45 - 20:45	Off Ice 18:30 - 19:15 On Ice 19:45 - 21:00	21:15 - 22:15
	Do 7		17:00 - 18:00	17:00 - 18:00		Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00	On Ice 19:30 - 20:45	
	Fr 8				16:45 - 18:15	18:30 - 19:45	20:00 - 21:30		20:00 Braunlage	
	Sa 9	9:30 - 10:30 U15 - U17 - U20	9:30 - 10:30	18:00 Neuss	14:15 - 15:45	12:30 - 14:00	12:30 - 14:00	10:45 - 12:15		
	So 10	10:00 - 11:30 Kids Day	11:45 - 13:00	11:45 - 13:00					18:00 Braunlage	
41	Mo 11		17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:30	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 12					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi 13	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30			18:15 - 19:30 Off Ice 19:45 - 20:45	On Ice 19:45 - 21:00	21:15 - 22:15
	Do 14		17:00 - 18:00	17:00 - 18:00		Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00	On Ice 19:30 - 20:45	
	Fr 15				16:45 - 18:15	18:30 - 19:45	20:00 - 21:30	20:00 - 21:30		
	Sa 16	9:30 - 11:00 U9 - U11 - U13	9:30 - 11:00	11:15 - 12:45	11:15 - 12:45			13:35 Wolfsburg	20:00 Grefrath	
	So 17							10:30 Wolfsburg	18:30 Dinslaken	
42	Mo 18		17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:30	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 19					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi 20	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30			18:15 - 19:30 Off Ice 19:45 - 20:45	On Ice 19:45 - 21:00	21:15 - 22:15
	Do 21		17:00 - 18:00	17:00 - 18:00		Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00	On Ice 19:30 - 20:45	
	Fr 22				16:45 - 18:15	18:30 - 20:00			20:00 Dortmund	20:15 - 21:45
	Sa 23	9:30 - 10:30 U15 - U17 - U20	9:30 - 10:30	14:15 Grefrath	10:45 - 12:00		12:15 - 13:45	20:30 Bremerhaven		
	So 24					10:30 Neuss		10:00 Bremerhaven	18:30 Wiehl	
43	Mo 25		17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:30	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 26					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi 27	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30			18:15 - 19:30 Off Ice 19:45 - 20:45	On Ice 19:45 - 21:00	21:15 - 22:15
	Do 28		17:00 - 18:00	17:00 - 18:00		Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00	On Ice 19:30 - 20:45	
	Fr 29				16:45 - 17:45	18:00 - 19:00	19:45 Neuss		20:15 Essen	
	Sa 30	9:30 - 10:30 U9 - U11 - U13	9:30 - 10:30	10:45 Tus Wiehl	10:45 - 12:15	17:30 Ratingen		13:35 Hamburger SV		
	So 31				17:30 Hamm			10:30 Hamburger SV		