

Trainingsplan EVD-Jungfuechse September Stand 06.09.21

Datum	TW	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 Bezirksliga 4 Std Off Ice 90 min	U 15 Landesliga 4,5 Std Off Ice 120min	U 17 Regionalliga 3 Std Off Ice 150min	U 20 DNL 6 Std Off Ice 180 min	1. Mannschaft Regionalliga	Alte Herren	
35	Mi	1					18:15 - 19:45 in Duisburg	18:15 - 19:45 in Duisburg	On Ice 20:45 - 22:00 in Wesel		
	Do	2	On Ice 17:00 - 18:00 in Wesel	On Ice 17:00 - 18:00 in Wesel	Stückhandling 17:30 - 18:30 in Duisburg	On Ice 18:15 - 19:30 in Wesel	On Ice 18:15 - 19:30 in Wesel	18:30 - 20:00 in Duisburg	On Ice 21:15 - 22:30 in Wesel		
	Fr	3			On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel			
	Sa	4	On Ice 10:15 - 11:15 in Wesel	On Ice 10:15 - 11:15 in Wesel		15:45 Bad Nauheim in Wesel	On Ice 11:30 - 12:45 in Wesel	On Ice 11:30 - 12:45 in Wesel	On Ice 13:00 - 14:15 in Wesel		
	So	5					16:15 Bad Nauheim	11:45 Bad Nauheim	18:00 Troisdorf in Wesel		
36	Mo	6	On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Ari 17:00 - 18:15 in Duisburg Theorie 18:15 - 18:45	Ari 18:15 - 19:45 in Duisburg	Ari 18:15 - 19:45 in Duisburg	19:00 - 20:30 in Duisburg			
	Di	7			On Ice 17:45 - 19:00 in Wesel	On Ice 19:15 - 20:15 in Wesel	On Ice 19:15 - 20:15 in Wesel	On Ice 20:30 - 21:45 in Wesel			
	Mi	8			Stückhandling 17:30 - 18:30 in Duisburg	18:15 - 19:45 in Duisburg	18:15 - 19:45 in Duisburg	18:15 - 19:45 in Duisburg	On Ice 20:45 - 22:00 in Wesel		
	Do	9	On Ice 17:00 - 18:00 in Wesel	On Ice 17:00 - 18:00 in Wesel				On Ice 18:15 - 19:30 in Wesel	On Ice 21:15 - 22:30 in Wesel		
	Fr	10			On Ice 17:45 - 19:00 in Wesel	On Ice 19:15 - 20:45 in Wesel	On Ice 19:15 - 20:45 in Wesel		20:00 Troisdorf		
	Sa	11	On Ice 10:00 - 11:00 in Wesel	On Ice 10:00 - 11:00 in Wesel	On Ice 11:30 - 13:00 in Wesel	On Ice 13:30 - 15:00 in Wesel	On Ice 13:30 - 15:00 in Wesel	16:30 Aachen in Wesel			
	So	12			10:00 Neuwied in Wesel		Meisterschaft 18:00 Troisdorf		18:00 Neuss in Wesel		
37	Mo	13	On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Ari Off Ice 16:45 - 17:45	Ari Off Ice 18:00 - 19:15	Ari Off Ice 18:00 - 19:15	Off Ice 19:30 - 20:30			
	Di	14			On Ice 17:45 - 19:00 in Wesel	On Ice 19:15 - 20:15 in Wesel	On Ice 19:15 - 20:15 in Wesel	On Ice 20:30 - 21:45 in Wesel			
	Mi	15						17:45 - 19:00 Off Ice 19:45 - 20:45	Off Ice 18:15 - 19:00 On Ice 19:30 - 20:45		
	Do	16	17:00 - 18:00	17:00 - 18:00		18:15 - 19:15 Off Ice 19:30 - 20:45	18:15 - 19:15 Off Ice 19:30 - 20:45	Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00	Off Ice 18:15 - 19:00 On Ice 19:30 - 20:45		
	Fr	17			16:45 - 18:00	18:15 - 19:30			19:45 - 21:00		
	Sa	18	9:30 - 10:30 U9 - U11 - U13	10:45 - 12:15 Neuwied	10:45 - 12:15 Neuwied		12:45 - 14:00	12:45 - 14:00	16:20 Hamburg Crocodils		
	So	19	10:00 - 11:00 U15 - U17 - U20	12:30 - 14:00	12:30 - 14:00	11:15 - 12:15	Freundschaftsspiele 17:15 Bergisch Gladbach		14:20 Hamburg Crocodils	18:00 Heerenveen	19:45 - 21:00
38	Mo	20	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	21				17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45 Off Ice 20:00 - 20:45		
	Mi	22	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	23	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	Off Ice 18:30 - 19:00 On Ice 19:30 - 20:45		
	Fr	24			16:45 - 18:00	18:15 - 19:30			19:45 - 21:00		
	Sa	25	9:30 - 10:30 U9 - U11 - U13	9:30 - 10:30	10:45 - 12:15	10:45 - 12:15	Meisterschaft 10:00 Hamm	Meisterschaft 11:15 Herford	12:30 - 13:45	14:00 - 15:30	
	So	26	12:45 - 14:15 Kids Day					Freundschaftsspiel 10:30 Troisdorf	18:00 Salzgitter		
39	Mo	27	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 On Ice 21:00 - 22:00			
	Di	28				17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45 Off Ice 20:00 - 20:45		
	Mi	29	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	30	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 21:00 - 22:00	19:30 - 20:45		