

Trainingsplan EVD-Jungfuechse Dezember 21 Stand 30.11.21

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 5 Std Off Ice 150min	U 20 DNL 6 Std Off Ice 180 min	1. Mannschaft Regionalliga	Alte Herren
48	Mi 1	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 2		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 3				16:45 - 18:15	16:45 - 18:15	20:00 Neuss		20:00 Dortmund	
	Sa 4	9:30 - 10:30 U15 - U17 - U20	10:30 - 11:45	10:30 - 11:45	12:00 - 13:00		13:45 Troisdorf			
	So 5				10:30 Soester EG				18:30 Neuwied	
49	M0 6		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 7					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi 8	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 9		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 10			16:45 - 17:45	17:45 - 18:45	20:15 Bergisch Gladbach			On Ice 19:00 - 20:15	20:30 - 22:00
	Sa 11	9:30 - 10:30 U9 - U11 - U13	Kids Day 14:15 - 15:45	11:00 Moers	FS 11:00 Moers	12:30 - 14:00	10:45 - 12:15	13:00 Wolfsburg		
	So 12				17:15 - 18:30	10:30 Dinslaken	18:45 - 20:00	9:00 Wolfsburg		
50	M0 13		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 14					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi 15	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30	18:15 - 19:30		18:15 - 19:30 Off Ice 19:45 - 20:45	On Ice 19:45 - 21:00	21:15 - 22:15
	Do 16		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 17			16:45 - 17:45	17:15 - 18:45	19:30 Tus Wiehl			20:00 Neuss	
	Sa 18	11:45 - 12:45 U15 - U17 - U20	11:45 - 12:45		9:30 Bergisch Land	13:45 Essen		13:35 Bremerhaven		
	So 19							10:30 Bremerhaven	18:30 Dortmund	
51	M0 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	
	Mi 22	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30	18:15 - 19:30		18:15 - 19:30 Off Ice 19:45 - 20:45	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	On Ice 19:30 - 20:45	
	Fr 24							12:00 - 13:00	On Ice 10:30 - 11:45	
	Sa 25									
	So 26								19:00 Dinslaken	
52	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 21:00 - 22:00		
	Di 28					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	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	On Ice 19:45 - 21:00	21:15 - 22:15
	Do 30		17:00 - 18:15	17:00 - 18:15					20:00 Neuwied	
	Fr 31									