

Trainingsplan EVD-Jungfuechse November 21 Stand 29.10 .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	
44	M0	1		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	2					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi	3	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	4		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	5			16:45 - 18:15	16:45 - 18:15				19:30 Grefrather EG	
	Sa	6	9:30 - 10:30 U15 - U17 - U20	9:30 - 10:30	10:45 - 12:00	10:45 - 12:00	13:45 Dortmund	12:15 - 13:15	16:00 Erfurt		
	So	7	10:30 - 12:30 Kids Day	FS 17:00 Ratingen	FS 17:00 Ratingen		17:30 Ratingen		12:00 Erfurt	19:00 Dinslaken Kobras	
45	M0	8		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	9					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi	10	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	11		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	12			16:45 - 18:15					19:30 Eisadler Dortmund	
	Sa	13	9:30 - 10:30 U9 - U11 - U13	9:30 - 10:30	10:45 - 12:00	10:45 - 12:00	10:15 Moers	13:45 Ratingen	12:15 - 13:15		
	So	14		17:30 Ratingen	FS 17:30 Ratingen	10:30 Neuwied	19:30 - 21:00	13:30 Dortmund		17:00 Tus Wiehl	
46	M0	15		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	16					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi	17	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	18		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	19			16:45 - 18:15			19:45 Dortmund			
	Sa	20	12:15 - 13:30 U15 - U17 - U20	12:15 - 13:30	14:15 Köln-Haie 1C	10:45 - 12:00	9:30 - 10:30	20:30 Neuss		18:00 Hamburger SV	
	So	21		FS 11:30 Moers	11:30 Moers		10:00 - 11:00	10:00 - 11:00	11:20 Hamburger SV	18:30 U23 Moskitos Essen	
47	M0	22		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	23					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	
	Mi	24	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	25		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	26			16:45 - 17:45	18:00 - 19:15		19:30 - 20:45			21:00 - 22:00
	Sa	27	9:30 - 10:30 U9 - U11 - U13	9:30 - 10:30	11:45 - 12:45	10:30 - 11:30		20:00 Ratingen	13:35 Frankfurt		
	So	28							10:30 Frankfurt	18:30	
48	Mo	29		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	30					17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45	