

Trainingsplan EVD-Jungfuechse Januar 22 Stand 28.12.21

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
Sa 1										
So 2					9:30 - 10:30	12:00 - 13:00	12:00 - 13:00	10:45 - 11:45		
1 Mo 3			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 4						17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
Mi 5		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 6			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 7						16:45 - 18:15			19:30 Neuss	
Sa 8	U9 - U11 - U13 10:30 - 11:30	10:30 - 11:30			11:30 - 13:00	8:00 Bielefeld		17:45 Bad Nauheim		
So 9			17:15 - 18:45	17:15 - 18:45		10:30 Essen	19:00 - 20:30	12:15 Bad Nauheim	19:00 Dinslaken	20:45 - 22:00
2 Mo 10			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 11						17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
Mi 12		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 13			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 14					16:45 - 18:15	18:30 - 20:00	18:30 - 20:00	20:15 - 21:45	20:00 Ratingen	
Sa 15	U15 - U17 - U20 9:30 - 10:30	9:30 - 10:30	12:00 - 13:00	12:00 - 13:00	7:45 Königsborn in Bergkamen	10:45 - 11:45	13:45 SG Dortmund / Iserlohn			
So 16			8:15 SG Dinslaken / Düsseldorf		10:30 Moers		20:00 Neuss		18:30 Dinslaken	
3 Mo 17			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 18						17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
Mi 19		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 20			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 21						16:45 - 18:15	18:30 - 19:30		20:00 Dortmund	
Sa 22	U9 - U11 - U13 9:30 - 10:30	9:30 - 10:30			10:45 - 12:15	13:30 Dortmund		13:35 Erfurt		
So 23				17:15 - 18:15	7:30 Grefrath	19:00 Bergisch Gladbach		10:30 Erfurt		
4 Mo 24			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 25						17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
Mi 26		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 27			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 28			17:00 Bergisch Land	16:45 - 18:00	18:15 - 19:45	20:00 - 21:30	20:00 - 21:30		20:00 Neuss	
Sa 29	U15 - U17 - U20 9:30 - 10:30	9:30 - 10:30	10:45 - 11:45	14:15 Essen		12:00 - 13:30	20:30 Neuss	13:45 Kassel		
So 30							10:30 Ratingen	9:30 Kassel	18:30 Ratingen	
5 Mo 31			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		