

Trainingsplan EVD-Jungfuechse Februar 22 Stand 30.01.22

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 Landesligs 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
5	Di 1					17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
	Mi 2	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 3		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 4				16:45 - 18:15	20:00 - 21:00	21:00 - 22:00	18:30 - 19:45		
	Sa 5	U15 - U17 - U20 11:45 - 12:45	11:45 - 12:45		9:30 Grefrath			13:35 Hamburg Crocodiles		
	So 6		17:15 - 18:45	17:15 - 18:45	19:00 - 20:00	20:15 - 21:30	13:30 SG Dortmund / Iserlohn	10:30 Hamburg Crocodiles		
6	Mo 7		17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:00	Ari 19:15 - 20:30 On Ice 18:00 - 19:00	19:30 Ratingen			
	Di 8					17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
	Mi 9	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 10		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 11				16:45 - 18:15	18:30 - 20:00	20:15 - 21:15		20:00 Neuwied	
	Sa 12	U9 - U11 - U13 9:30 - 10:30	9:30 - 10:30	10:45 - 11:45	10:45 - 11:45	11:45 - 12:45	20:30 Neuss	13:35 Kassel		
	So 13						18:00 Troisdorf	10:30 Kassel	18:30 Neuss	
7	Mo 14		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 15					17:00 - 18:30 Off Ice 18:45 - 20:00	17:00 - 18:30		18:30 - 19:45	
	Mi 16	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 17		17:00 - 18:00	17:00 - 18:00		19:30 Herne	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 18				16:45 - 18:15	16:45 - 18:15			19:30 Dortmund	
	Sa 19	U9 - U11 - U13 9:30 - 10:30	9:30 - 10:30	10:45 - 12:15	10:45 - 12:15	9:30 Bergisch Land	7:30 Bielefeld	13:35 Bad Nauheim		
	So 20					17:15 - 18:30	19:30 Troisdorf	10:30 Bad Nauheim	19:00 Neuwied	
8	Mo 21		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 - 21:15	Ari 18:00 - 19:15 On Ice 19:45 - 21:15			
	Di 22					17:00 - 18:30	17:00 - 18:30		20:00 Ratingen	
	Mi 23	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30		18:15 - 19:30	On Ice 19:45 - 21:00 Off Ice 18:15 - 19:15		21:15 - 22:15
	Do 24		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 25			16:45 - 17:45					19:30 Ratingen	
	Sa 26	U15 - U17 - U20 9:30 - 10:30	Kids Day 10:45 - 12:45		11:15 Soest		13:45 Neuss			
	So 27					10:30 Herford			18:30 Neuss	
8	Mo 28		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		