

Trainingsplan EVD-Jungfuechse März 22 Stand 08.03.22

Datum	TW	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 Bezirkliga 4 Std Off Ice 90 min	U 15 Landesliga 4,5 Std Off Ice 120min	U 17 Regionaliga 5 Std Off Ice 150min	U 20 DNL 6 Std Off Ice 180 min	1. Mannschaft Regionalliga	Alte Herren
9	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				19:30 Ratingen	
	Sa 5	U9 - U11 - U13 9:30 - 10:30	9:30 - 10:30	13:15 - 14:15	13:15 - 14:15	11:00 Königsborn	20:00 Ratingen	14:30 - 15:30		
	So 6			10:30 SG Dinslaken / Düsseldorf	17:15 - 18:30	18:45 - 20:15	13:30 SG Dortmund / Iserlohn	18:00 Ratingen	18:00 Ratingen	
10	Mo 7		17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00		
	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	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	19:30 - 20:45	
	Fr 11				16:45 - 18:15				19:30 Ratingen	
	Sa 12	U15 - U17 - U20 11:45 - 12:45	11:45 - 12:45		9:30 Gelsenkirchen		13:35 Bremerhaven	17:30 Kassel in Lauterbach		
	So 13	10:00 - 11:15 Griefday	10:00 - 11:15	11:30 - 12:45	17:15 - 18:15	18:30 - 19:45	20:00 - 21:30	11:15 Kassel in Kassel	18:00 Ratingen	
11	Mo 14		17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	18:30 SG Dinslaken / Düsseldorf	18:30 - 19:45	Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00		
	Di 15					17:00 - 18:30	17:00 - 18:30		19:30 Ratingen	
	Mi 16	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 17		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 18					16:45 - 18:15			19:30 Finale 1	
	Sa 19	U9 - U11 - U13 10:45 - 11:45	9:30 - 10:45	10:45 - 11:45	13:45 Gelsenkirchen Heim Gelsenkirchen	9:30 Bergisch Gladbach	20:30 Bremerhaven	12:00 - 13:00		
	So 20							10:30 Kassel	Finale 2	
12	Mo 21		17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	21:00 - 22:00		
	Di 22					17:00 - 18:30			18:30 - 19:45	
	Mi 23	16:00 - 17:00	16:00 - 17:00		17:00 - 18:00 Off Ice 18:30 - 19:30		18:15 - 19:15		19:30 - 20:45	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	21:00 - 22:00	19:30 - 20:45	
	Fr 25			16:45 - 18:15	16:45 - 18:15				19:30 Finale 3	
	Sa 26	U15 - U17 - U20 9:30 - 10:30	9:30 - 10:30	10:30 - 11:45	9:00 Herne	12:00 - 13:15	13:30 - 14:30	14:45 - 15:45		
	So 27				10:30 Grefrath	8:15 Tus Wehl			Finale 4	
13	Mo 28		17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	21:00 - 22:00		
	Di 29					17:00 - 18:30	17:00 - 18:30		18:30 - 19:45	
	Mi 30	16:00 - 17:00	16:00 - 17:00	18:15 - 19:15	17:00 - 18:00 Off Ice 18:30 - 19:30		18:15 - 19:15		19:30 - 20:45	21:15 - 22:15
	Do 31		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	21:00 - 22:00	19:30 - 20:45	
April	Fr 1				16:45 - 18:15	16:45 - 18:15			19:30 Finale 5	
April	Sa 2					9:30 Herne				