



Trainingsplan August 2022 Stand : 28.07.22



Datum	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 4 Std Off Ice	U 15 5 Std Off Ice	U 17 6 Std Off Ice	U 20 DNL 7 Std Off Ice
31 Mo 1	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	Ari 17:00 - 18:15	Ari 18:00 - 19:30	19:30 - 21:00	19:30 - 21:00
Di 2				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	18:15 - 19:45
Mi 3	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45	18:15 - 19:45
Do 4				18:00 - 19:30	18:00 - 19:30	19:30 - 21:00	19:30 - 21:00
Fr 5							19:15 - 20:45
Sa 6							
So 7	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle	11:00 Sommerfest Fun Games Prezero Rheinlandhalle
32 Mo 8	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	Ari 17:00 - 18:15	Ari 18:00 - 19:30	19:30 - 21:00	19:30 - 21:00
Di 9				Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	Stickhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	18:15 - 19:45
Mi 10	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:00 - 19:15 Himmelstreppe Neukirchen Vluyn	18:15 - 19:45	19:30 - 21:00
Do 11				18:15 - 19:45	18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Fr 12							19:15 - 20:45
Sa 13					Teamevent 18:00		
So 14							
33 Mo 15	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
Di 16					Off Ice 17:00 - 17:45 On Ice 18:00 - 19:00 in Wesel	18:15 - 19:45	19:30 - 21:00
Mi 17	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	17:00 - 18:15		18:15 - 19:45	19:30 - 21:00
Do 18					18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Fr 19				18:00 - 19:30	Off Ice 17:00 - 17:45 On Ice 18:00 - 19:00 in Wesel Off Ice 19:15 - 20:00		19:15 - 20:45
Sa 20							
So 21							
34 Mo 22	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	Ari 17:00 - 18:15	Ari 18:00 - 19:30	Off Ice 18:45 - 20:00 On Ice 20:15 - 21:30 in Wesel	Off Ice 18:45 - 20:00 On Ice 20:15 - 21:30 in Wesel
Di 23					Off Ice 17:15 - 17:45 On Ice 18:00 - 19:00 in Wesel	18:15 - 19:45	19:30 - 21:00
Mi 24	17:30 - 18:30	17:30 - 19:00	17:30 - 19:00	17:00 - 18:15		Off Ice 19:30 - 20:45 On Ice 21:00 - 22:00 in Wesel	Off Ice 19:30 - 20:45 On Ice 21:00 - 22:00 in Wesel
Do 25					18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
Fr 26				18:00 - 19:30	Off Ice 17:15 - 17:45 On Ice 18:00 - 19:00 in Wesel Off Ice 19:15 - 20:15	20:15 U20 Troisdorf	On Ice 20:45 - 22:00 in Wesel
Sa 27						On Ice 10:30 - 11:45 in Wesel	On Ice 12:00 - 13:15 in Wesel
So 28							12:00 Iserlohn Roosters
35 Mo 29							
Di 30		Fototermin 17:00 Panini Bilder	Fototermin 17:30 Panini Bilder	Fototermin 18:00 Panini Bilder	Fototermin 18:30 Panini Bilder	Fototermin 21:00 Panini Bilder	Fototermin 18:30 Panini Bilder
Mi 31							

Die Trainingszeiten für den 29 - 30 - 31 werden wir Kurzfristig bekanntgeben sobald wir wissen wie es mit der Eisauflistung voran geht !!!