

Trainingsplan EVD-Jungfuechse September 2022

	Datum	TW	Laufschule On Ice 2 x 60 min	U 7 / U 9 On Ice 3 Std	U 11 On Ice 3 Std	U 13 On Ice 4 Std Off Ice 90 min	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 2,5 Std	U 20 DNL On Ice 6 Std Off Ice 3 Std	1. Mannschaft	Alte Herren
35	Do	1				17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 19:00 - 19:30 20:00 - 21:00	Off Ice 19:30 - 20:30 21:00 - 22:00	8:30 - 9:45 18:30 - 19:45	
	Fr	2		17:00 - 18:30	17:00 - 18:30				FS 19:30 Lippe Hockey Hamm	19:30 Krefelder EV	
	Sa	3		Turnier 9:00 Wiehl Dinslaken Grefrath	Turnier 9:00 Geisenkirchen Moers Krefeld 1B			FS 15:30 Tilburg Trappers	17:00 Antwerpen Phantoms		
	So	4	Kidsday 15:45 - 17:00			FS 13:30 Tus Wiehl	FS 10:45 Moskitos Essen			18:30 Moskitos Essen	
36	Mo	5		17:00 - 18:00	17:00 - 18:00	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di	6					17:00 - 18:30			8:30 - 9:45 18:30 - 19:45	
37	Mi	7	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00			Off Ice 18:00 - 19:15 19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	8:30 - 9:45 18:15 - 19:30	21:15 - 22:15
	Do	8				17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 19:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	8:30 - 9:45 18:30 - 19:45	
	Fr	9		16:45 - 18:15	16:45 - 18:15					19:30 Tilburg Trappers	
	Sa	10	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00		12:30 - 13:30	FS 10:30 Lippe Hockey Hamm	16:45 ESV 03 Chemnitz	14:30 Moskitos Essen		
	So	11					FS 17:45 Dinslaken / Düsseldorf	10:30 ESV 03 Chemnitz	10:30 Moskitos Essen		
38	Mo	12		17:00 - 18:00	17:00 - 18:00	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di	13					17:00 - 18:30			8:30 - 9:45 18:30 - 19:45	
	Mi	14	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00			Off Ice 18:00 - 19:15 19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	8:30 - 9:45 18:15 - 19:30	21:15 - 22:15
	Do	15				17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 19:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	8:30 - 9:45 18:30 - 19:45	
	Fr	16		16:45 - 18:15	16:45 - 18:15	18:30 - 19:45				20:00 - 21:15 20:00 Tilburg Trappers	
	Sa	17	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00			FS 10:30 Troisdorf	12:30 - 13:30	17:20 Hamburger SV	14:30 Löwen Frankfurt	
39	So	18						14:20 Hamburger SV	10:30 Löwen Frankfurt	18:30 Herfoder EV	
	Mo	19		17:00 - 18:00	17:00 - 18:00	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di	20					17:00 - 18:30			8:30 - 9:45 18:30 - 19:45	
	Mi	21	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00			Off Ice 18:00 - 19:15 19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	8:30 - 9:45 18:15 - 19:30	21:15 - 22:15
	Do	22				17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	18:45 - 20:30 Off Ice 20:45 - 21:15	Off Ice 19:15 - 20:15 20:45 - 22:15	19:30 - 20:00 20:00 Moskitos Essen	
	Fr	23		16:45 - 18:15	16:45 - 18:15	A 19:00 Troisdorf Kleinfeld					
	Sa	24	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00		12:30 - 13:45	A 20:30 Neusser EV	14:30 EJ Kassel	18:00 EHC Erfurt		
So	25				A 12:30 SPG Dinslaken / Düsseldorf Kleinfeld		10:30 EJ Kassel	12:00 EHC Erfurt	18:30 Krefelder EV		
39	Mo	26		17:00 - 18:00	17:00 - 18:00	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Off Ice Ari 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di	27					17:00 - 18:30	18:45 - 19:45		19:30 - 20:00 EG Diez Limburg	
	Mi	28	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00			Off Ice 18:00 - 19:15 19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	8:30 - 9:45 18:15 - 19:30	21:15 - 22:15
	Do	29				17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 19:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	8:30 - 9:45 18:30 - 19:45	
	Fr	30		16:45 - 18:15	16:45 - 18:15	18:30 - 19:30		21:00 - 22:00	19:45 - 20:45	20:00 Hamburg Crocodiles	