

Trainingsplan EVD-Jungfuechse Oktober 2022 Stand 27.09.22

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	Sa 1	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	10:30 Essen - Herne - Ratingen			Bezirksliga 10:15 Neuwied		14:30 Hamburg Crocodiles		
	So 2						Landesliga 17:30 Herne 1B	20:00 - 21:30	10:30 Hamburg Crocodiles		
	Mo 3			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 4						17:00 - 18:30			8:30 - 9:45 20:00 Hannover Indians	
36	Mi 5		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 6					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	8:30 - 9:45 18:30 - 19:45	
	Fr 7			16:45 - 18:15	16:45 - 18:15					19:30 Rostock Piranhas	
	Sa 8	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00				Landesliga 10:30 Neuss KL On Ice Training 13:00 - 14:00	14:30 - 16:30	19:00 Erfurt	14:30 Wolfsburg	
37	So 9			17:15 - 18:45	17:15 - 18:45	FS Bezirksliga Neuwied 10:30	19:00 - 20:30	12:00 Erfurt	8:00 Wolfsburg	15:00 Tilburg Trappers	
	Mo 10			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 11						17:00 - 18:30			8:30 - 9:45 18:30 - 19:45	
	Mi 12		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
38	Do 13					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	8:30 - 9:45 18:30 - 19:45	
	Fr 14					16:45 - 18:00				19:30 Hermer EV	
	Sa 15	9:00 - 10:00 U15 - U17 - U20	Kids Day 10:30 - 12:00	12:30 - 14:00	12:30 - 14:00		Bezirksliga 11:15 Soester EG	14:15 - 15:45	17:30 Frankfurt		
	So 16					FS Landesliga 17:30 Tus Wiehl		10:30 Moskitos Essen	11:30 Frankfurt	16:00 Tec Art Dragons Erfurt	20:00 - 21:15
39	Mo 17			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 18						17:00 - 18:30			8:30 - 9:45 20:00 Moskitos Essen	
	Mi 19		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 20					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	8:30 - 9:45 18:30 - 19:45	
39	Fr 21			16:45 - 18:15	16:45 - 18:15					19:30 Hannover Indians	
	Sa 22	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00	13:00 - 14:15	13:00 - 14:15	Bezirksliga 10:30 Soester EG KL	Bezirksliga 10:45 TUS Wiehl	14:30 - 16:00	17:45 Bad Nauheim		
	So 23			17:30 Gelsenkirchen	17:30 Grefrather EG KL		10:15 - 11:30	11:45 - 13:00	12:15 Bad Nauheim	18:15 Saale Halle Bulls	
	Mo 24			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		
39	Di 25						17:00 - 18:30			8:30 - 9:45 20:00 Saale Halle Bulls	
	Mi 26		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 27					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	8:30 - 9:45 18:30 - 19:45	
	Fr 28			16:45 - 18:15	16:45 - 18:15					19:30 Herforder EV	
39	Sa 29	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00		10:00 Troisdorf 1B	Landesliga 10:30 TUS Wiehl	12:30 - 13:45	14:30 Moskitos Essen	13:45 Moskitos Essen		
	So 30					Landesliga 17:30 Troisdorf 1B KL	19:45 - 20:45	10:45 Moskitos Essen	10:30 Moskitos Essen	18:00 EXA Icefighters Leipzig	21:00 - 22:00
	Mo 31			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		