

Trainingsplan EVD-Jungfuechse Dezember 2022 Stand 28.11.22

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
48	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 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
	Fr 2			16:45 - 18:15	16:45 - 18:15		18:30 - 20:00	20:15 - 21:45		20:00 Herner EV Miners	
	Sa 3	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00	12:15 Dinslaken	10:30 Gelsenkirchen B	Bezirksliga 10:15 EHC Neuwied KL		14:30 RT Bad Nauheim	20:30 REV Bremerhaven		
	So 4							10:30 RT Bad Nauheim	10:00 REV Bremerhaven	18:30 Tec Art Dragons Erfurt	
49	Mo 5			17:00 - 18:00	17:00 - 18:00	Off Ice Ari 16:45 - 17:45 18:00 - 19:30	Landesliga 18:00 Herner EV 1B 18:45 - 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 - 18:00	18:15 - 19:45			20:00 Herforder EV	
50	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	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	8:45 - 9:45 18:30 - 19:45	
	Fr 9			16:45 - 18:15	16:45 - 18:15	Bezirksliga 17:30 Bergisch Land KL		18:30 - 19:45	20:00 - 21:30	20:00 Moskitos Essen	
	Sa 10	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00			Landesliga 18:00 Neuss	Bezirksliga 10:30 Brackwede		14:30 REV Bremerhaven		
	So 11				8:30 Bergisch Gladbach				10:30 REV Bremerhaven	18:30 Krefelder EV	
	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		
51	Di 13						17:00 - 18:30			8:45 - 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	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	18:30 - 19:45	
	Fr 16			16:45 - 18:15	16:45 - 18:15	18:30 - 19:45			20:00 - 21:30	20:00 Hamburg Crocodiles	
	Sa 17	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00			Landesliga 10:30 Bergisch Gladbach	Landesliga 14:30 Moskitos Essen	17:30 Löwen Frankfurt			
	So 18					Landesliga 10:30 Moskitos Essen	Landesliga 18:00 Herforder EV	11:30 Löwen Frankfurt	10:30 Moskitos Essen		
	Mo 19			17:00 - 18:30	17:00 - 18:30			Off Ice Ari 18:15 - 19:30 20:15 - 22:00	Off Ice 18:15 - 19:30 20:15 - 22:00	18:45 - 20:00	
52	Di 20		17:00 - 18:00	17:00 - 18:00		Off Ice 16:45 - 17:45 18:00 - 19:00	Off Ice 17:45 - 18:45 19:15 - 20:45	21:00 - 22:00		20:00 Tilburg Trappers	
	Mi 21					17:00 - 18:30	17:00 - 18:30	Off Ice 18:00 - 19:15 20:00 - 21:00	Off Ice 18:30 - 19:30 20:00 - 21:00	18:45 - 19:45	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	Off Ice 19:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
	Fr 23			16:45 - 18:15	16:45 - 18:15		Bezirksliga 19:00 Soester EG			20:00 Hannover Indians	
	Sa 24										
	So 25									16:30 - 17:45	
52	Mo 26									20:00 Tec Art Dragons Erfurt	
	Di 27					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45	8:15 - 9:45	8:15 - 9:45	18:30 - 19:45	
	Mi 28		16:00 - 17:00	16:00 - 17:00	17:00 - 18:15					20:00 Herner EV Miners	
	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	18:30 - 19:45	
	Fr 30			16:45 - 18:15	16:45 - 18:15	8:15 - 9:45	8:15 - 9:45			19:30 EG Diez Limburg	
Sa 31											