

Trainingsplan EVD-Jungfuechse Januar 2023 Stand 24.12.22

| 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 |
|-------|---------------------------------|---------------------------------|------------------------------------|------------------------------|---|---|--|---|---|-------------------------------------|---------------|
| 1 | So 1 | | | | | | | | | | |
| | Mo 2 | | | 17:00 - 18:00 | 17:00 - 18:00 | 8:15 - 9:45 | 8:15 - 9:45 | Off Ice Ari 18:00 - 19:15 19:45 - 20:45 | Off Ice 19:30 - 20:30 21:00 - 22:00 | 18:15 - 19:30 | |
| | Di 3 | | | | | 17:00 - 18:00 Off Ice 18:15 - 19:15 | Off Ice 16:45 - 17:45 18:15 - 19:45 | | | 19:00 Saale Halle Bulls | |
| | Mi 4 | | 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 21:15 - 22:15 | 18:15 - 19:30 | |
| Do 5 | | | | | 17:00 - 18:30 Off Ice 18:45 - 19:45 | Bezirksliga 20:00 Grefrath 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 6 | | | 16:45 - 18:15 | 16:45 - 18:15 | | | | | | 19:30 Herforder EV | |
| 2 | Sa 7 | 9:00 - 10:00 U15 - U17 - U20 | 9:00 - 10:00 | | | Bezirksliga 10:15 Neuwied 18:15 - 19:45 | Landesliga 18:00 Neusser EV 18:15 - 19:45 | 12:00 - 13:15 | 14:30 Löwen Frankfurt | | |
| | So 8 | | 17:30 Duisburg | | | | | 20:00 - 21:30 | 10:30 Löwen Frankfurt | 18:00 EXA Icefighters Leipzig | |
| | Mo 9 | | | 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 10 | | | | | | 17:00 - 18:30 | | | 20:00 Rostock Piranhas | |
| Mi 11 | | 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 12 | | | | | 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 13 | | | 16:45 - 18:15 | 16:45 - 18:15 | 18:30 - 19:30 | | | | 19:45 - 20:45 | 20:30 Herforder EV | 21:00 - 22:00 |
| 3 | Sa 14 | 9:00 - 10:00 U9 - U11 - U13 | Kids Day 10:30 - 12:30 | | 18:00 SPG Grefrath / Moers in Grefrath | Landesliga 12:15 Bergisch Gladbach | Landesliga 11:00 Moskitos Essen | 17:45 RT Bad Nauheim | 14:30 EHC Young Grizzlies Wolfsburg | | |
| | So 15 | | | | Landesliga 12:30 SPG Dinslaken / Düsseldorf | | 12:15 RT Bad Nauheim | 10:30 EHC Young Grizzlies Wolfsburg | 18:30 EXA Icefighters Leipzig | | |
| | Mo 16 | | | 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 17 | | | | | | 17:00 - 18:30 | | | 20:00 Tec Art Dragons Erfurt | |
| Mi 18 | | 16:00 - 17:00 | 16:00 - 17:00 | 17:00 - 18:00 | | Bezirksliga 18:15 GSC Moers | 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 19 | | | | | 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 20 | | | 16:45 - 18:15 | 16:45 - 18:15 | Landesliga 20:00 Neuss | | | | | 19:30 Hannover Scorpions | |
| Sa 21 | 9:00 - 10:00 U15 - U17 - U20 | 9:00 - 10:00 | | | 12:30 - 13:30 | Landesliga 10:30 Bergisch Gladbach | 14:30 ESV 03 Chemnitz | 20:30 REV Bremerhaven | | | |
| So 22 | | | | | Bezirksliga 7:30 Grefrath EG | | 10:30 ESV 03 Chemnitz | 18:00 Löwen Frankfurt | 18:30 Hammer Eisbären | | |
| 4 | Mo 23 | | | 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 24 | | | | | | 17:00 - 18:30 | | | 18:30 - 19:45 | |
| | Mi 25 | | 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 26 | | | | | 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 27 | | | 16:45 - 18:15 | 16:45 - 18:15 | | | | | 19:30 ESC Moskitos Essen | | |
| Sa 28 | 9:00 - 10:00 U9 - U11 - U13 | 9:00 - 10:00 | | 10:00 Troisdorf 1B | Landesliga 14:30 Essen | Bezirksliga 10:30 Neuwied | 19:45 ESV 03 Chemnitz | | | | |
| So 29 | | | 17:30 Gelsenkirchen A | | Bezirksliga 10:30 Tus Wiehl | 12:00 EHC Erfurt | 10:45 Moskitos Essen | 17:15 Krefelder EV 81 | | | |
| 5 | Mo 30 | | | 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 31 | | | | | | 17:00 - 18:30 | | | 18:30 - 19:45 | |