

Trainingsplan EVD-Jungfuechse März 2023 Stand 26.02.23

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	
9											
Mi 1		16:00 - 17:00	16:00 - 17:00	17:00 - 18:00				19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	7:30 - 8:30 18:15 - 19:30	21:15 - 22:15
Do 2					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45		20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
Fr 3			16:45 - 17:45	16:45 - 17:45	18:00 - 19:00	Landesliga 19:30 Dortmund				20:00 Hannover Scorpions	
Sa 4			12:15 Dinslaken						Eventuell 3.Play Off Spiel in Bremerhaven 20:30		
So 5	10:00 - 11:00 U15 - U17 - U20	10:00 - 11:00			11:15 - 12:45	Landesliga 7:30 TSVE Bielefeld				18:00 Hammer Eisbären	
10											
Mo 6			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30		19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
Di 7						17:00 - 18:30				8:30 - 9:30 18:30 - 19:45	
Mi 8		16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	18:15 - 19:30			19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	Eventuell Heimspiel Pre Play Offs 19:30	21:15 - 22:15
Do 9					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45		20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
Fr 10			16:45 - 18:15	16:45 - 18:15						Eventuell Heimspiel Pre Play Offs 19:30	
Sa 11	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00			Bezirksliga 9:30 GSC Moers in Wesel	Bezirksliga 10:30 Bergkamen			Eventuell Heimspiel Play Offs 14:30		
So 12	10:00 - 13:00								Eventuell Heimspiel Play Offs 10:30	Eventuell Heimspiel Pre Play Offs 16:30	
11											
Mo 13			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30		19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
Di 14						17:00 - 18:30				8:30 - 9:30 18:30 - 19:45	
Mi 15		16:00 - 17:00	16:00 - 17:00	17:00 - 18:00				19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	8:30 - 9:30 18:15 - 19:30	21:15 - 22:15
Do 16					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45		20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
Fr 17			16:45 - 17:45	16:45 - 17:45	17:45 - 18:45	Eventuell Landesliga Bielefeld 19:15				Eventuelles AF 1	
Sa 18	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00			Landesliga 10:30 Troisdorf				Eventuell Heimspiel Play Offs 14:30		
So 19									Eventuell Heimspiel Play Offs 10:30	Eventuelles AF 2 18:30	
12											
Mo 20			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30		19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
Di 21						18:30 - 19:45				Eventuelles AF 3	
Mi 22		16:00 - 17:00	16:00 - 17:00	17:00 - 18:00				19:45 - 21:00	Off Ice 18:30 - 19:30 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
Do 23					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45		20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
Fr 24			16:45 - 18:15	16:45 - 18:15						Eventuelles AF 4 19:30	
Sa 25	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00	18:00 Ratingen		Bezirksliga 11:15 Soester EG	Landesliga 10:30 Lippe Hockey Hamm			Eventuell Auwärtsspiel Finale 14:30 Heim		
So 26	17:15 - 22:00				Bezirksliga 18:30 GSC Moers in Wesel				Eventuell Auwärtsspiel Finale 10:30 Heim	Eventuelles AF 5	
13											
Mo 27			17:00 - 18:00	17:00 - 18:00	18:00 - 19:30	Landesliga 18:00 SPG Dinslaken / Düsseldorf		19:45 - 20:45	21:00 - 22:00		
Di 28					17:00 - 18:00	18:15 - 19:45				Eventuelles HF 1	
Mi 29		16:00 - 17:00	16:00 - 17:00	17:00 - 18:00				19:45 - 21:00	19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
Do 30					17:00 - 18:30	17:00 - 18:30		20:00 - 21:00	21:15 - 22:15	18:30 - 19:45	
Fr 31			16:45 - 18:15	16:45 - 18:15		Eventuell Bezirksliga 20:00 GSC Moers in Wesel				Eventuelles HF 2 19:30	
Sa 1					Bezirksliga 9:30 Soester EG in Wesel				Eventuelles Heimspiel Finale 14:30		
So 2	10:00 - 13:00 17:15 - 22:00					Landesliga 18:30 Lippe Hockey Hamm					