

Trainingsplan EVD-Jungfuechse März 2023 Stand 13.03.23

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 Hanover Scorpions		
	Sa 4		12:15 Dinslaken								
	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					Pre Play Offs 19:30		
	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 - 18:00	16:45 - 18:00	18:15 - 19:15			19:30 - 20:30	Pre Play Offs 19:30	20:45 - 22:00	
	Sa 11	9:00 - 10:00 U9 - U11 - U13	9:00 - 10:00		Bezirksliga 9:30 GSC Moers in Wesel	Bezirksliga 10:30 Bergkamen LL Training 12:45 - 14:00	14:15 - 15:45 Try Out	Halbfinale Play Offs Hamburg			
	So 12		10:00 - 11:15	10:00 - 11:15	11:30 - 12:45			Halbfinale Play Offs Hamburg	Eventuell Heimspiel Pre Play Offs 18:30		
11	Mo 13		17:00 - 18:00	17:00 - 18:00		Landesliga Bielefeld 18:30		21:00 - 22:00			
	Di 14					Try Out 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		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	21:15 - 22:15	18:30 - 19:45		
	Fr 17		16:45 - 18:15	16:45 - 18:15	18:30 - 19:45			20:00 - 21:15	Play Off AF 1 Weiden 20:00		
	Sa 18	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	FS 12:15 Bergisch Gladbach		Landesliga 10:30 Troisdorf	12:30 - 13:45	15:00 - 16:15 Try Out	14:00 - 14:45		
	So 19						11:30 - 13:00 Try Out		Play Off AF 2 Weiden 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	21:00 - 22:00			
	Di 21					18:30 - 19:45			Play Off AF 3 Weiden 20:00		
	Mi 22	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	18:15 - 19:30			19:45 - 21:00 Try Out		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	21:15 - 22:15	18:30 - 19:45		
	Fr 24		16:45 - 18:15	16:45 - 18:15					Play Off AF 4 Weiden 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	13:00 - 14:15 Try Out	14:30 - 16:00 Try Out			
	So 26		FS 10:30 U 7		Bezirksliga 18:30 GSC Moers in Wesel				Play Off AF 5 Weiden 18:00		
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	Landesliga 19:15 Lippe Hockey Hamm	20:00 - 21:00	21:15 - 22:15	18:30 - 19:45		
	Fr 31		16:45 - 18:15	16:45 - 18:15		Bezirksliga 20:00 GSC Moers in Wesel			Eventuelles HF 2 18:30		
	Sa 1				Bezirksliga 9:30 Soester EG in Wesel						
	So 2										