

Trainingsplan August 2023

| Datum | Laufschule On Ice 2 x 60 min | U 7 / U 9 Off Ice 2 x 75 min | U 11 On Ice 2 x 75 min | U 13 Off Ice 4 Std | U 15 Off Ice 5 Std | U 17 Off Ice 6 Std | U 20 DNL Off Ice 7 Std |
|----------|------------------------------------|-------------------------------------|-------------------------------------|---|---|---|---|
| 31 Di 1 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:15 | | 16:45 - 17:15 Life Kinetik 17:30 - 18:15 Stichhandling 18:15 - 19:45 Off Ice | 18:15 - 19:45 | 19:30 - 21:00 |
| Mi 2 | | | | 18:00 - 19:30 | 17:30 - 18:00 Life Kinetik 18:15 - 19:45 Off Ice | 18:15 - 19:45 | 19:30 - 21:00 |
| Do 3 | | 17:00 - 18:15 | 17:00 - 18:15 | 18:00 - 19:30 | 17:00 - 17:45 Stichhandling 18:00 - 19:00 Off Ice 19:15 Grillabend mit Eltern | 18:15 - 19:45 | 19:30 - 21:00 |
| Fr 4 | | | | | | | 19:15 - 20:15 |
| Sa 5 | | | | | | | |
| So 6 | | | | | | | |
| 32 Mo 7 | | | | Ari 17:00 - 18:15 | Ari 18:15 - 19:45 | 18:15 - 19:45 | 19:30 - 21:00 |
| Di 8 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:30 | 18:00 - 19:30 | 18:15 - 19:45 | 19:30 - 21:00 |
| Mi 9 | | | | | 18:00 - 19:30 | 18:15 - 19:45 | 19:30 - 21:00 |
| Do 10 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:30 | 18:00 - 19:30 | 18:15 - 19:45 | 19:30 - 21:00 |
| Fr 11 | | | | | | | 19:15 - 20:15 |
| Sa 12 | | | | | | | |
| So 13 | | | | | | | |
| 33 Mo 14 | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Ari 17:00 - 18:15 | Ari 18:15 - 19:45 | Off Ice 17:45 - 18:45 On Ice 19:00 - 20:15 in Wesel | Off Ice 19:30 - 21:00 |
| Di 15 | 17:00 - 18:15 | | | Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel | Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel | | Off Ice 18:30 - 19:30 On Ice 20:00 - 21:15 in Wesel |
| Mi 16 | | On Ice 17:30 - 18:30 in Wesel | On Ice 17:30 - 18:30 in Wesel | Off Ice 17:30 - 18:30 On Ice 18:45 - 20:00 in Wesel | Off Ice 17:30 - 18:30 On Ice 18:45 - 20:00 in Wesel | Off Ice 18:45 - 19:45 On Ice 20:15 - 21:30 in Wesel | Off Ice 19:30 - 21:00 |
| Do 17 | 17:00 - 18:15 | | | Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel | Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel | | Off Ice 18:30 - 19:30 On Ice 20:00 - 21:15 in Wesel |
| Fr 18 | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | | Teamevent StuntWerk | Off Ice 17:45 - 18:45 On Ice 19:00 - 20:15 in Wesel | Off Ice 19:00 - 20:30 |
| Sa 19 | | | | | | | 19:30 Krefelder EV |
| So 20 | | | | Turnier Antwerpen | | | |
| 34 Mo 21 | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel | Off Ice 19:30 - 21:00 |
| Di 22 | 17:00 - 18:15 | | | | Off Ice 18:00 - 19:30 | Off Ice 18:15 - 19:45 | Off Ice 19:30 - 21:00 |
| Mi 23 | | | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 18:15 - 19:45 | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel |
| Do 24 | 17:00 - 18:15 | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 18:00 - 19:30 | Off Ice 18:00 - 19:30 | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel | Off Ice 19:30 - 21:00 |
| Fr 25 | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel |
| Sa 26 | | | | | | | 12:30 Löwen Frankfurt |
| So 27 | | | | | | | 14:15 Antwerpen Phantoms |
| 35 Mo 28 | | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | Off Ice 17:30 - 18:30 On Ice 19:00 - 20:15 in Wesel | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel | Off Ice 19:30 - 21:00 |
| Di 29 | 17:00 - 18:15 | 17:00 - 18:15 | 17:00 - 18:15 | Off Ice 18:00 - 19:00 | Off Ice 18:00 - 19:30 | Off Ice 18:15 - 19:45 | Off Ice 19:30 - 21:00 |
| Mi 30 | | | | On Ice 17:30 - 18:45 in Wesel Off Ice 19:00 - 20:00 | On Ice 17:30 - 18:45 in Wesel Off Ice 19:00 - 20:00 | Off Ice 18:15 - 19:45 | Off Ice 19:00 - 20:00 On Ice 20:30 - 21:45 in Wesel |
| Do 31 | 17:00 - 18:15 | On Ice 17:30 - 18:45 in Wesel | On Ice 17:30 - 18:45 in Wesel | Off Ice 18:00 - 19:30 | Off Ice 18:00 - 19:30 | Off Ice 18:15 - 19:45 | Off Ice 19:30 - 21:00 |