

Trainingsplan September 2023 Version 1

	Datum	TW	Leufschule On Ice 2 x 60 min	U 7 On Ice 2 x 60 min	U 9 ON Ice 3 Std	U 11 ON Ice 3 Std	U 13 On Ice 4 Std Off Ice 90 min	U 16 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 3,5 Std	U 20 DNL On Ice 6 Std Off Ice 3 Std	1. Mannschaft Oberliga	Alte Herren
35	Fr 1				16:45 - 18:15	16:45 - 18:15	16:45 - 18:15				19:30 Abschiedsspiel Eddi	
	Sa 2					14:30 Turnier Duisburg Duisburg Neusser EV Neuwied	9:30 Hammer Eisbären	12:00 Herner EV ----- 17:30 Iserlohmer 1B		20:15 Senioren Grefrather EG		
	So 3		13:00 - 14:00 KidsDay	14:30 Turnier Duisburg Grefrather EG Neusser EV EHC Gelsenkirchen	14:30 Turnier Duisburg Grefrather EG Neusser EV EHC Gelsenkirchen				10:00 Tus Wiehl ----- 17:30 U20 Hammer Eisbären		16:00 Heerenveen	
36	Mo 4			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di 5							17:00 - 18:30			18:30 - 19:45	
	Mi 6		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 7							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
37	Fr 8						16:45 - 18:15		FS 19:45 Eisadler Dortmund U20		20:00 EG Diez Limburg	
	Sa 9	9:00 - 10:00 U7 - U9 - U11 - U13	9:00 - 10:00	9:00 - 10:00	12:40 - 13:40	12:40 - 13:40		FS 10:30 Ratinger Ice Aliens		14:30 Crocodiles Hamburg		
	So 10				9:00 Gr. Blau Turnier 2 Herner EV		Teamevent			10:30 Crocodiles Hamburg	18:30 Heerenveen Flyers	
	Mo 11			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00		ARI Off Ice 16:45 - 17:45 ----- 18:00 - 19:30 Trainingsspiel Grefrather U17	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di 12						17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30			18:30 - 19:45	
	Mi 13		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 14							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
38	Fr 15						16:45 - 18:15				19:30 EG Diez Limburg	
	Sa 16	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	9:00 - 10:00	12:40 - 13:40	12:40 - 13:40	FS 10:30 ERV Dinslaken Kobras		14:30 SCC Adler Berlin	17:30 Löwen Frankfurt		
	So 17								10:30 SCC Adler Berlin	12:30 Löwen Frankfurt	18:30 Herforder EV	
	Mo 18			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di 19							17:00 - 18:30			18:30 - 19:45	
	Mi 20		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
39	Do 21							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45	
	Fr 22			16:45 - 18:15	16:45 - 18:15	16:45 - 18:15					19:30 Rostock Piranhas	
	Sa 23	11:30 - 12:30 U7 - U9 - U11 - U13	9:30 - 10:30		9:15 Gr. Blau Turnier 1 Duisburg ESC Moskitos Essen ERV Dinslaken Kobras ESV Bergisch Gladbach	10:00 Gr. Grau Turnier 2 Troisdorf	12:15 - 13:45		14:30 Bad Nauheim		16:30 EHC Erfurt	
	So 24				17:15 - 18:30	17:15 - 18:30	10:30 Eisadler Dortmund	FS 12:30 ERV Dinslaken Kobras Training 18:45 - 20:15	12:00 EHC Erfurt	9:00 EHC Erfurt	18:30 Hammer Eisbären	20:30 - 21:45
	Mo 25			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 16:45 - 17:45 18:00 - 19:30	ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00		
	Di 26							17:00 - 18:30			18:30 - 19:45	
	Mi 27		16:00 - 17:00	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	17:00 - 18:00 Off Ice 18:15 - 19:15		19:45 - 21:00	Off Ice 18:15 - 19:15 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
Do 28							17:00 - 18:30 Off Ice 18:45 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15	18:30 - 19:45		
Fr 29							16:45 - 18:15				19:30 Hannover Indians	
Sa 30	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	9:00 - 10:00	12:30 - 13:45	12:30 - 13:45			FS 10:30 Köner Halle U13 A	14:30 EHC Erfurt			