

Trainingsplan Oktober 2023 Version 04.10.23

Datum	TW	Laufschule 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 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 Oberliga	Alte Herren
40	So 1					17:15 - 18:30	17:15 - 18:30	FS 19:00 Hammer Eisbären	10:30 Löwen Frankfurt	18:30 Herforder EV	
	Mo 2		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 3						17:00 - 18:30			18:30 - 19:45	
	Mi 4	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 5						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 6					16:45 - 18:15	FS 19:30 Eisadler Dortmund U17			20:00 Moskitos Essen	
	Sa 7	9:00 - 10:00 U7 - U9 - U11 - U13	9:00 - 10:00	16:30 - 18:00	16:30 - 18:00		FS 10:30 Eisadler Dortmund U15		14:30 RT Bad Nauheim	12:45 - 13:30	
	So 8							11:15 RT Bad Nauheim	10:30 RT Bad Nauheim	18:30 TecArt Dragons Erfurt	
41	Mo 9		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 10						17:00 - 18:30			18:30 - 19:45	
	Mi 11	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 12						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 13					16:45 - 18:15				19:30 Hannover Scorpions	
	Sa 14	12:30 - 13:30 U15 - U17 - U20	12:30 - 13:30	FS Turnier 10:30 Eisadler Dortmund ERV Dinslaken ESGH Hannover	16:30 - 18:00			14:30 ESC Moskitos Essen		9:15 - 9:45	
	So 15			FS Turnier 10:30 Eisadler Dortmund Tus Wühl Iserlohner EC	17:15 - 18:15		FS 19:00 U17 Grefrather EG	11:30 Löwen Frankfurt	16:00 REV Bremerhaven	18:00 KSW Icefighters Leipzig	
42	Mo 16		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 17						17:00 - 18:30			18:30 - 19:45	
	Mi 18	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 19						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 20			16:45 - 18:15	16:45 - 18:15		19:30 Krefelder EV 1B			20:00 Herner EV Miners	
	Sa 21	9:00 - 10:00 U7 - U9 - U11 - U13	9:00 - 10:00 Kids Day 10:00 - 11:15	9:00 - 10:00		16:30 - 18:00	12:30 - 13:30	14:30 EJ Kassel	19:10 Crocodiles Hamburg	11:30 - 12:15	
	So 22		11:00 Turnier 1 Gr. Blau SPG Neusser EV / Düsseldorfer EG 1C in Düsseldorf					10:30 EHC Erfurt	11:20 Crocodiles Hamburg	18:30 Saale Bulls Halle	
43	Mo 23		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 24						17:00 - 18:30			18:30 - 19:45	
	Mi 25	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 26						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 27					16:45 - 18:15				19:30 Tilburg Trappers	
	Sa 28	12:30 - 13:30 U15 - U17 - U20	12:30 - 13:30	12:30 - 13:30	16:30 - 18:00	16:30 - 18:00	7:30 SPG Brackwede / EHC Gelsenkirchen	10:30 EJ Kassel	14:30 ESC Moskitos Essen	9:15 - 9:45	
	So 29			17:15 - 18:15	17:15 - 18:15	18:30 - 19:45	20:00 - 21:30	10:30 ESC Moskitos Essen	10:30 ESC Moskitos Essen	19:00 Rostock Piranhas	
44	Mo 30		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 31						17:00 - 18:30			18:30 - 19:45	