

Trainingsplan November 2023

	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	
44	Mi	1	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	2						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	3	18:00 - 19:00 U7 - U9 - U11 - U13	16:45 - 18:00	16:45 - 18:00	16:45 - 18:00		FS 19:30 Tus Wiehl				20:00 Hammer Eisbären	
	Sa	4					SPG 14:30 Grefrath / Duisburg vs EHC Neuwied		10:30 U17 B Troisdorf				
45	Sa	4	12:45 - 13:45	11:30 Turnier 2 Moskitos Essen	9:30 Turnier 4 Bergisch Land		16:30 - 18:00		13:45 EJ Kassel		9:00 - 9:45		
	So	5					13:30 Eisadler Dortmund		10:30 RT Bad Nauheim		18:30 KSW Icefighters Leipzig		
	Mo	6		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	7						17:00 - 18:30			18:30 - 19:45		
46	Mi	8	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	9						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	10	18:00 - 19:00 U15 - U17 - U20			16:45 - 18:00	16:45 - 18:15	19:30 Iserlohn 1B					
	Sa	11	9:00 - 10:00 Kids Day 13:00 - 14:15	9:00 - 10:00	14:30 - 16:00	11:15 Grau Turnier 3 Moskitos Essen ----- 9:30 Turnier 3 Bergisch Land	FS 10:30 Tus Wiehl		17:30 ESV Chemnitz	18:00 RT Bad Nauheim			
47	So	12		17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	10:30 ERV Dinslaken	18:30 - 20:00	11:30 ESV Chemnitz			20:15 - 21:30	
	Mo	13		17:00 - 18:00	17:00 - 18:00	17:00 - 18:00			ARI Off Ice 17:45 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30		
	Di	14					17:00 - 18:30 Off Ice 18:45 - 19:45	17:00 - 18:30 Off Ice 18:45 - 19:45			18:30 - 19:45		
	Mi	15	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 21:15 - 22:15	18:15 - 19:30		
48	Do	16						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	17						16:45 - 18:15			19:30 Moskitos Essen		
	Sa	18	12:30 - 13:30 U7 - U9 - U11 - U13	12:30 - 13:30	16:30 - 18:00	16:30 - 18:00	FS 10:30 Eisadler Dortmund	18:00 RT Bad Nauheim		14:30 REV Bremerhaven	9:00 - 10:00		
	So	19					17:30 - 19:00	12:15 RT Bad Nauheim		10:30 REV Bremerhaven	19:00 Hannover Scorpions	19:15 - 20:45	
49	Mo	20		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	21						17:00 - 18:30			18:30 - 19:45		
	Mi	22	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	23						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		
50	Fr	24	18:00 - 19:00 U15 - U17 - U20	16:45 - 18:00	16:45 - 18:00	16:45 - 18:00	19:30 ERV Dinslaken				20:00 Saale Halle Bulls		
	Sa	25	9:30 - 10:30	9:15 Turnier 3 SpG Neuss / Düsseldorfer Herner EV SpG Moers / Krefeld / Gelsenkirchen	18:00 Turnier 6 Neusser EV	10:00 U11 Turnier 4 GSC Moers	12:00 - 13:30	16:30 - 17:15		14:30 EHC Erfurt	11:30 - 12:00		
	So	26				9:15 U11 Grau Turnier 4 Herner EV		14:00 Düsseldorfer EG 1B		10:30 EHC Erfurt	18:30 TecArt Dragons Erfurt		
	Mo	27		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			
51	Di	28						17:00 - 18:30			18:30 - 19:45		
	Mi	29	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	30						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		