

Trainingsplan November 2023 Stand 05.11.23

	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	
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				
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		
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 - 18:00	18:15 - 19:45					
	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		18:15 - 19:30	Off Ice 18:15 - 19:15 19:45 - 21:00		21:15 - 22:15	
	Do 9				17:00 - 18:00	17:00 - 18:00		Off Ice 17:00 - 18:00 18:15 - 19:45	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15			
	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			
	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		
46	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		
	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	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	
	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		
	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	
47	Sa 25		9:30 - 10:30	9:15 Turnier 3 SpG Neuss / Düsseldorfer Hermer 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 Hermer EV		15:00 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			
	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		
48	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			
	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		