

Trainingsplan Januar 2024 Stand 28.12.23

	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 8 Std Off Ice 3 Std	1. Mannschaft Oberliga	Alte Herren	
49	Mo 1			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 18:30 - 20:30 21:00 - 22:00			
	Di 2							17:00 - 18:30 Video 19:00 - 20:00			18:30 - 19:45		
	Mi 3		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 4							17:00 - 18:30 Video 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 5	18:00 - 19:00 Igor Gross U7-U9-U11-U13		16:45 - 17:45	16:45 - 17:45	17:45 - 19:00		19:30 Ratinger Ice Aliens				20:00 Tilburg Trappers	
	Sa 6	11:30 - 12:30 U15 - U17 - U20	11:30 - 12:30		9-15 Turnier 9 EC Bergisch Land ERV Dinstaken Kobras ESV Bergisch Gladbach		16:30 - 18:00		17:30 EHC Wolfsburg	14:30 EHC Erfurt	12:45 - 13:30		
	So 7						10:30 Hammer Eisbären				18:30 Hammer Eisbären		
50	Mo 8			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 18:30 - 20:30 21:00 - 22:00			
	Di 9							17:00 - 18:30			18:30 - 19:45		
	Mi 10		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 11							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 12			16:45 - 18:15	16:45 - 18:15	16:45 - 18:15			19:00 ESC Moskitos Essen		19:30 Hannover Scorpions		
	Sa 13	12:30 - 13:30 U7-U9 - U11 - U13	12:30 - 13:30	16:45 Turnier 1 SPG Neuss/Düsseldorf in Düsseldorf		10:00 U11 Grau Turnier 7 EHC Troisdorf	10:30 Herner EV			14:30 Löwen Frankfurt	9:15 - 10:00		
	So 14						17:00 - 18:30	19:00 Kölner Hale 1B		10:30 Löwen Frankfurt	18:30 Herforder EV		
51	Mo 15			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 18:30 - 20:30 21:00 - 22:00			
	Di 16							17:00 - 18:30			18:30 - 19:45		
	Mi 17		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 18							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 19	17:15 - 18:15 Igor Gross U15 - U17 - U20					16:45 - 18:15				19:30 Hannover Indians		
	Sa 20	12:30 - 13:30 U7-U9 - U11 - U13	12:30 - 13:30		10:00 U11 Gelb Turnier 9 Bergisch Land	10:30 Eisadler Dortmund		14:30 EHC Wolfsburg	13:45 ESC Moskitos Essen	9:15 - 10:00			
	So 21			17:00 - 18:30	17:00 - 18:30	17:00 - 18:30			10:30 ESC Moskitos Essen	19:00 EHC Erfurt	16:00 TecArt Dragons Erfurt		
52	Mo 22			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 18:30 - 20:30 21:00 - 22:00			
	Di 23							17:00 - 18:30			18:30 - 19:45		
	Mi 24		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 25							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 26			16:45 - 17:45	16:45 - 17:45	16:45 - 17:45	17:30 - 19:00	19:30 Krefelder EV 1B			20:00 Herner EV Miners		
	Sa 27	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	10:00 Turnier 5 GSC Woers	13:30 Turnier 11 ESC Moskitos Essen	13:45 - 15:00	10:30 Herforder EV	15:15 - 16:30	19:30 ESV 03 Chemnitz	16:45 - 18:00	12:45 - 13:15		
	So 28							14:30 ESV 03 Chemnitz	18:30 Löwen Frankfurt	18:30 KSW Icelighters Leipzig			
	Mo 29			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 18:30 - 20:30 21:00 - 22:00			
	Di 30							17:00 - 18:30			18:30 - 19:45		
	Mi 31		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	