

Trainingsplan Februar 2024 Stand 01.02.24

| Datum   | TW   | Laufschule<br>On Ice<br>2 x 60 min | U 7<br>On Ice<br>2 x 60 min   | U 9<br>On Ice<br>3 Std.                          | U 11<br>On Ice<br>3 Std.  | U 13<br>On Ice 4 Std<br>Off Ice 90 min        | U 15<br>On Ice 4,5 Std<br>Off Ice 2 Std.      | U 17<br>On Ice 5 Std<br>Off Ice 2,5 Std.                   | U 20 DNL<br>On Ice 6 Std<br>Off Ice 3 Std. | 1. Mannschaft<br>Oberliga   | Alle Herren   |
|---------|--|------------------------------------|---|--|---|---|---|--|--|-----------------------------|---------------|
| 5 Do 1  |  |                                    |   |  |   | 17:00 - 18:30                                 |   | Off Ice<br>18:00 - 19:30<br>20:00 - 21:00                  | Off Ice<br>19:45 - 20:45<br>21:15 - 22:15  | 18:30 - 19:45               |               |
| Fr 2    |  |                                    |   |  |   |   |   |  |  | 20:00<br>Hannover Scorpions |               |
| Sa 3    | 9:00 - 10:00<br>U7 - U9 - U11 - U13                | 9:00 - 10:00                       | 10:00 - 11:00   | 16:45 - 18:00                                    | 10:00 Turnier<br>In Moers Gruppe Gelb<br>16:45 - 18:00  | 7:30<br>TSVE Bielefeld                        | Off Ice<br>9:45 - 10:45<br>11:15 - 12:45      | 14:30<br>RT Bad Nauheim                                    | 18:00<br>RT Bad Nauheim                    | 13:00 - 13:45               |               |
| So 4    |  |                                    | Freundschaftsturnier<br>13:30<br>in Dortmund  |  | 10:30<br>U11 Grau Turnier 8<br>Moskitos Essen   | 7:30<br>TSVE Bielefeld                        |   | 10:30<br>RT Bad Nauheim                                    | 12:15<br>RT Bad Nauheim                    | 18:30<br>Tilburg Trappers   |               |
| 6 Mo 5  |  |                                    | 17:00 - 18:00   | 17:00 - 18:00                                    | 17:00 - 18:00   | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>17:45 - 19:15<br>19:45 - 20:45              | Off Ice<br>19:30 - 20:30<br>21:00 - 22:00  |                             |               |
| Di 6    |  |                                    |   |  |   |   | 17:00 - 18:30<br>Video<br>19:00 - 19:45       |  |  | 18:30 - 19:45               |               |
| Mi 7    |  | 16:00 - 17:00                      | 16:00 - 17:00   | 16:00 - 17:00                                    | 17:00 - 18:00   | 17:00 - 18:00<br>Off Ice<br>18:15 - 19:15     |   | 19:45 - 21:00  | Off Ice<br>18:15 - 19:15<br>19:45 - 21:00  | 18:15 - 19:30               | 21:15 - 22:15 |
| Do 8    |  |                                    |   |  |   |   | 17:00 - 18:30<br>Off Ice<br>18:45 - 19:45     | Off Ice<br>18:00 - 19:30<br>20:00 - 21:00                  | Off Ice<br>19:45 - 20:45<br>21:15 - 22:15  | 18:30 - 19:45               |               |
| Fr 9    |  |                                    | 16:45 - 18:15   | 16:45 - 18:15                                    | 16:45 - 18:15   |   |   |  |  | 19:30<br>Hammer Eisbären    |               |
| Sa 10   | 9:00 - 10:00<br>U15 - U17 - U20                    | 9:00 - 10:00                       | 10:00<br>U7 Gr. Blau Turnier 10<br>in Moers   |  | 10:30<br>U 11 Grau Turnier 10<br>ERV Dinslaken Kobras<br>EHC Troisdorf<br>ESC Moskitos Essen<br>18:00<br>U11 Gelb Turnier 5<br>in Neuss | 14:30<br>SpG Brackwede /<br>EHC Gelsenkirchen | 19:15<br>Kölner Haie 1B                       |  | 20:30<br>REV Bremerhaven                   | 13:00 - 13:45               |               |
| So 11   |  |                                    |   |  | 10:30<br>U 11 Gelb Turnier 12<br>Aachener EC<br>ESC Bergisch Gladbach 1B<br>ESC Moers   | 17:00 - 18:30                                 | 19:00<br>Jahrgang<br>2010 / 2011<br>Troisdorf |  | 10:00<br>REV Bremerhaven                   | 19:00<br>Rostock Piranhas   |               |
| 7 Mo 12 |  |                                    | 17:00 - 18:00   | 17:00 - 18:00                                    | 17:00 - 18:00   | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>17:45 - 19:15<br>19:45 - 20:45              | Off Ice<br>19:30 - 20:30<br>21:00 - 22:00  |                             |               |
| Di 13   |  |                                    |   |  |   |   | 17:00 - 18:30<br>Video<br>19:00 - 19:45       |  |  | 18:30 - 19:45               |               |
| Mi 14   |  | 16:00 - 17:00                      | 16:00 - 17:00   | 16:00 - 17:00                                    | 17:00 - 18:00   | 17:00 - 18:00<br>Off Ice<br>18:15 - 19:15     |   | 19:45 - 21:00  | Off Ice<br>18:15 - 19:15<br>19:45 - 21:00  | 18:15 - 19:30               | 21:15 - 22:15 |
| Do 15   |  |                                    |   |  |   |   | 17:00 - 18:30<br>Off Ice<br>18:45 - 19:45     | Off Ice<br>18:00 - 19:30<br>20:00 - 21:00                  | Off Ice<br>19:45 - 20:45<br>21:15 - 22:15  | 18:30 - 19:45               |               |
| Fr 16   | Igor Gross<br>17:00 - 18:00<br>U7 - U9 - U11 - U13 |                                    |   |  |   | 16:45 - 18:15                                 |   |  |  | 19:30<br>Herforder EV       |               |
| Sa 17   | 9:00 - 10:00<br>U15 - U17 - U20                    | 9:00 - 10:00                       | 16:30 - 18:00   | 16:30 - 18:00                                    | 16:30 - 18:00<br>Jahrgangs Spiele Herner EV   | 10:30<br>Hammer Eisbären                      | 10:30<br>Bad Nauheim                          | 14:30<br>EJ Kassel   |  | 12:45 - 13:30               |               |
| So 18   |  | Kids Day<br>17:15 - 18:15          |   |  |   |   | 19:00<br>Düsseldorfer EG                      | 10:30<br>EJ Kassel   |  | 18:15<br>Saale Bulls Halle  |               |
| 8 Mo 19 |  |                                    | 17:00 - 18:00   | 17:00 - 18:00                                    | 17:00 - 18:00   | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>17:45 - 19:15<br>19:45 - 20:45              | Off Ice<br>19:30 - 20:30<br>21:00 - 22:00  |                             |               |
| Di 20   |  |                                    |   |  |   |   | 17:00 - 18:30                                 |  |  | 18:30 - 19:45               |               |
| Mi 21   |  | 16:00 - 17:00                      | 16:00 - 17:00   | 16:00 - 17:00                                    | 17:00 - 18:00   | 17:00 - 18:00<br>Off Ice<br>18:15 - 19:15     |   | 19:45 - 21:00  | Off Ice<br>18:15 - 19:15<br>19:45 - 21:00  | 18:15 - 19:30               | 21:15 - 22:15 |
| Do 22   |  |                                    |   |  |   |   | 17:00 - 18:30<br>Off Ice<br>18:45 - 19:45     | Off Ice<br>18:00 - 19:30<br>20:00 - 21:00                  | Off Ice<br>19:45 - 20:45<br>21:15 - 22:15  | 18:30 - 19:45               |               |
| Fr 23   | Igor Gross<br>17:15 - 18:15<br>U15 - U17 - U20     |                                    | 16:45 - 18:15   | 16:45 - 18:15                                    |   |   |   |  |  | 19:30 Moskitos Essen        |               |
| Sa 24   | 11:30 - 12:30<br>U7 - U9 - U11 - U13               | 9:30 - 10:30                       | 9:15<br>U7 Blau Turnier 8<br>SpG Neuss / Düsseldorf<br>Herner EV<br>SPG Moers / Krefeld |  |   | 16:30 - 18:00                                 | 13:45<br>EJ Kassel                            | 14:30<br>ETC Crimmitschau                                  |  | 12:45 - 13:30               |               |
| So 25   |  |                                    |   | 12:15<br>U9 Gr. Blau Turnier 12<br>ERV Dinslaken | 17:00 - 18:15<br>Jahrgangs Spiele   | 9:15<br>Herner EV                             |   | 10:30<br>ETC Crimmitschau<br>19:15<br>U17 SPG<br>Tus Wiehl |  | 18:00 Hannover Indians      |               |
| 9 Mo 26 |  |                                    | 17:00 - 18:00   | 17:00 - 18:00                                    | 17:00 - 18:00   | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>16:45 - 17:45<br>18:00 - 19:30 | ARI Off Ice<br>17:45 - 19:15<br>19:45 - 20:45              | Off Ice<br>19:30 - 20:30<br>21:00 - 22:00  |                             |               |
| Di 27   |  |                                    |   |  |   |   | 17:00 - 18:30                                 | 18:45 - 19:45  |  |                             |               |
| Mi 28   |  | 16:00 - 17:00                      | 16:00 - 17:00   | 16:00 - 17:00                                    | 17:00 - 18:00   | 17:00 - 18:00<br>Off Ice<br>18:15 - 19:15     |   | 18:15 - 19:30  | Off Ice<br>18:15 - 19:15<br>19:45 - 21:00  | 18:15 - 19:30               | 21:15 - 22:15 |
| Do 29   |  |                                    |   |  |   | 17:00 - 18:00                                 | 18:15 - 19:45<br>Off Ice<br>17:00 - 18:00     | Off Ice<br>18:00 - 19:30<br>20:00 - 21:00                  | Off Ice<br>19:45 - 20:45<br>21:15 - 22:15  |                             |               |