

Trainingsplan März 2024 Stand 29.02.24

	Datum	TW	Laufschule On Ice 2 x 60 min	U 7 On Ice 2 x 60 min	U 8 ON Ice 3 Std	U 11 ON Ice 3 Std	U 13 On Ice 4 Std Off Ice 90 min	U 18 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	Alle Herren
9	Fr 1	Igor Gross 17:30 - 18:30 U7 - U9 - U11 - U13				16:45 - 18:15				19:30 Halbfinale Moskitos Essen		
	Sa 2	9:00 - 10:00 U15 - U17 - U20	9:00 - 10:00	16:45 - 18:00	16:45 - 18:00		11:15 Herforder EV	12:45 - 13:45	10:30 SPG in Duisburg 14:30 EHC Erfurt			
	So 3		17:15 - 18:15 Girls Day			8:30 U11 Grau Turnier 9 Herne	18:30 - 20:00		10:30 EHC Erfurt	10:45 Halbfinale Moskitos Essen		
10	Mo 4			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	18:00 ERV Dinslaken	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 5							18:15 - 19:45				
	Mi 6		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
11	Do 7						17:00 - 18:30 Off Ice 18:45 - 19:45	18:15 - 19:45 Off Ice 17:00 - 18:00	Off Ice 18:00 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:15 - 22:15		
	Fr 8			16:45 - 17:45	16:45 - 17:45	16:45 - 17:45	18:00 - 19:30			19:45 - 21:15		
	Sa 9				18:00 U9 Gr. Blau Turnier 13 Neusser EV	10:00 U11 Gelb Turnier 4 GSC Moers	8:30 Herforder EV		Play Downs		Stadtwerketa g	
12	So 10	17:00 - 18:00 U15 - U17 - U20	17:00 - 18:00	10:30 U7 Gr. Blau Turnier 7 Moskitos Essen		Noch in Klärung FS Turnier 9:45 - 12:45			Play Downs	19:00 Halbfinale Moskitos Essen		
	Mo 11			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 12							17:00 - 18:30 Video 19:00 - 19:30	18:45 - 19:45			
13	Mi 13		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	Off Ice 16:45 - 17:45 18:00 - 19:30		Off Ice 18:15 - 19:15 19:45 - 21:00		21:15 - 22:15
	Do 14						17:00 - 18:30		Off Ice 17:30 - 18:30 18:45 - 20:15	Off Ice 19:00 - 20:00 20:30 - 22:00		
	Fr 15	Igor Gross 18:00 - 19:00 U15 - U17 - U20		16:45 - 18:00	16:45 - 18:00	16:45 - 18:00		19:30 Düsseldorf 1B				
14	Sa 16	9:00 - 10:00 U7 - U9 - U11 - U13	9:00 - 10:00			18:00 U11 Gelb Turnier 5 in Neuss	10:30 TSVE Bielefeld	14:30 Düsseldorf 1B	Play Downs	Play Off Finale		
	So 17						Noch in Klärung 10:30 Herford	9:00 Iserlohn 1B	17:30 Play Downs	Play Off Finale		
	Mo 18			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		
15	Di 19							17:00 - 18:30 Video 19:00 - 19:30	18:45 - 19:45			
	Mi 20		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	Off Ice 17:00 - 18:00 18:00 - 19:30		Off Ice 18:15 - 19:15 19:45 - 21:00		21:15 - 22:15
	Do 21					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		
16	Fr 22			16:45 - 17:45	16:45 - 17:45		18:00 - 19:00	19:00 Ratinger Ice Aliens	19:30 Neusser EV SPG Duisburg			
	Sa 23	11:30 - 12:30 U7 - U9 - U11 - U13	9:00 - 10:00			Noch in Klärung FS Turnier 13:00 - 17:00		10:30 Krefelder EV 1B	Play Downs	Play Off Finale		
	So 24							Noch in Klärung 10:30 Herford	Play Downs	Play Off Finale		
17	Mo 25			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 26			17:00 - 18:00	17:00 - 18:00	17:00 - 18:00		18:15 - 19:45				
	Mi 27		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
18	Do 28						17:00 - 18:30	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 29											
	Sa 30								Play Downs	Play Off Finale		
So 31								Play Downs	Play Off Finale			