

Trainingsplan EVD-Jungfuechse November 2018

| Datum | TW | Laufschule 2 Std | U 9 3 Std | U 11 3 Std | U 13 4 Std | U 15 4 Std | U 17 BL | U 20 | Alte Herren |
|----------|--|---------------------------|--|---|---|---|---|---|---------------|
| Do 1 | | A 16:00 - 17:00 | 1 Theorie 16:00 - 16:30 16:30 - 18:00 | G 16:30 - 18:00 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Fr 2 | Spieler & Torhüter Skills Training 12:45 - 13:45 | | | | | | | 20:00 Bergisch Land | |
| Sa 3 | | | | | 9:30 Düsseldorf | 17:15 - 18:45 | 17:45 Bad Nauheim | | |
| So 4 | TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45 | Kids Day 17:15 - 18:45 | 1 8:00 - 9:45 Off Ice 10:00 - 10:45 | Regio 8:45 Iserlohn Training 8:00 - 9:45 | 19:00 - 20:30 | 10:15 Bad Nauheim | 12:15 Bad Nauheim | 20:45 - 22:00 | 20:45 - 22:00 |
| 45 Mo 5 | | | 1 17:15 - 18:15 Theorie 18:30 - 19:00 | G 17:15 - 18:15 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Di 6 | | | | | | | G 18:15 - 19:45 | | |
| Mi 7 | | 1 16:00 - 17:00 | | | 18:15 - 19:45 | 1 19:45 - 20:45 | G Off Ice 19:30 - 20:30 21:00 - 22:00 | | |
| Do 8 | | A 16:00 - 17:00 | 1 16:30 - 18:00 | G Fernsehen 16:30 - 18:00 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Fr 9 | Spieler & Torhüter Skills Training 12:45 - 13:45 | | | | G + 3 19:30 Dortmund | 1 18:00 - 19:00 | | | |
| Sa 10 | | | G + 1 U9 9:30 Duisburg | | | 18:00 Neuss | G 17:15 - 18:45 | 20:00 Ratingen | |
| So 11 | TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45 | | U7 16:30 Krefeld U 9 Training 8:45 - 9:45 Off Ice 10:00 - 10:45 | Landesl. 10:15 Duisburg Training 8:00 - 9:00 | | 12:00 Iserlohn | G + 3 17:30 Bad Nauheim | | 20:00 - 22:00 |
| 46 Mo 12 | | | 1 17:15 - 18:15 Theorie 18:30 - 19:00 | G 17:15 - 18:15 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Di 13 | | | | | | | | | |
| Mi 14 | | 1 16:00 - 17:00 | | | 1 18:15 - 19:15 | | G Off Ice 18:15 - 19:15 19:30 - 20:45 | | 21:00 - 22:00 |
| Do 15 | | A 16:00 - 17:00 | 1 16:30 - 18:00 | G 16:30 - 18:00 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Fr 16 | Spieler & Torhüter Skills Training 12:45 - 13:45 | | | | 1 18:00 - 19:00 | | | G + 3 19:30 Herne | |
| Sa 17 | | | 1 9:00 - 10:30 Theorie 10:45 - 11:15 Off Ice 11:30 - 12:15 | G 9:00 - 10:30 | 12:30 Bad Nauheim | | G + 3 16:30 Wolfsburg | | |
| So 18 | TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45 | | | Girls 7:30 Grefrath | | 1 8:00 - 9:30 | G + 3 10:15 Wolfsburg | 1 20:45 - 22:00 | 20:45 - 22:00 |
| 47 Mo 19 | | | 1 17:15 - 18:15 Theorie 18:30 - 19:00 | G 17:15 - 18:15 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Di 20 | | | | | | | | | |
| Mi 21 | | 1 16:00 - 17:00 | | | | 1 18:15 - 19:45 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | | 21:00 - 22:00 |
| Do 22 | | A 16:00 - 17:00 | 1 16:30 - 18:00 | G 16:30 - 18:00 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Fr 23 | Spieler & Torhüter Skills Training 12:45 - 13:45 | | 1 Off Ice 17:00 - 17:40 18:00 - 19:00 | 1 18:00 - 19:00 | | | | G + 3 19:30 Wiehl | |
| Sa 24 | | | G U7 9:30 Duisburg | | 17:30 Ratingen | | G Off Ice 15:30 - 16:30 17:15 - 18:45 | | |
| So 25 | TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45 | | | G Regio 10:15 Duisburg | A 8:00 - 9:45 | | 1 20:45 - 22:00 | | |
| 48 Mo 26 | | | 1 17:15 - 18:15 Theorie 18:30 - 19:00 | G 17:15 - 18:15 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Di 27 | | | | | | | | | |
| Mi 28 | | 1 16:00 - 17:00 | | | | 1 18:15 - 19:45 | G Off Ice 18:15 - 19:15 19:45 - 20:45 | | 21:00 - 22:00 |
| Do 29 | | A 16:00 - 17:00 | 1 16:30 - 18:00 | G 16:30 - 18:00 | 2 Off Ice 17:00 - 18:00 18:15 - 19:30 | 3 Off Ice 17:00 - 18:00 18:15 - 19:30 | G 19:45 - 20:45 | 1 Off Ice 19:45 - 20:45 21:00 - 22:00 | |
| Fr 30 | Spieler & Torhüter Skills Training 12:45 - 13:45 | | | | | | | | |

Mit den roten Zahlen vor den Trainings- und Spielzeiten ist die Kabinenbelegung vorgegeben (A=Anschallraum). Um einen reibungslosen Ablauf zu gewährleisten, ist dieser Belegung Folge zu leisten.

