

## 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					G +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	G +3 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 U9 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			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	19:00 Dortmund	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.

