

## Trainingsplan EVD-Jungfuechse Februar 2019

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
Fr 1					18:15 - 19:15	19:30- 20:30	20:45 - 22:00		
Sa 2			A 9:00 - 10:15	Regio 13:30 Düsseldorf			G + 3 12:00 Hamburg		
So 3	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45				A 8:00 - 9:30	G + 4 10:15 Kassel	11:30 Wolfsburg		20:45 - 22:00
6 Mo 4			G 17:15 - 18:15 Theorie 18:30 - 18:45		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 5				G 18:15 - 19:45		19:30 Iserlohn			
Mi 6	A	1 16:00 - 17:00			1 18:15 - 19:45		G Off Ice 18:30 - 19:30 19:45 - 20:45		21:00 - 22:00
Do 7		A 16:00 - 17:00	1 17:00 - 18:00	G 16:30 - 18:00 Theorie 18:15 - 18:45	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 8	Spieler & Torhüter Skills Training 12:45 - 13:45								
Sa 9			U9 12:15 Iserlohn	LL 12:00 Herford	13:30 Düsseldorf	G 17:15 - 18:45		G + 3 9:30 Tus Wiehl	
So 10	TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45		U7 16:30 Krefeld Training 8:00 - 9:00	G + 2 3 4 Girls 10:15 Duisburg Training 8:45 - 9:45		1 19:45 - 20:45	G + 3 17:30 Kassel		21:00 - 22:00
7 Mo 11			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 12				G 18:15 - 19:45					
Mi 13		1 16:00 - 17:00			1 18:15 - 19:15	3 19:30 - 20:30	G Off Ice 19:15 - 20:15 20:45 - 22:00		
Do 14		A 16:00 - 17:00	1 16:30 - 18:00	G 17:00 - 18:00 Theorie 18:15 - 18:45	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 15	Spieler & Torhüter Skills Training 12:45 - 13:45								
Sa 16			U9 13:30 Düsseldorf	G 9:15 - 10:15	G 10:15 - 11:30	G 17:15 - 18:45	18:00 Erfurt		
So 17	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45		A 8:15 - 9:45	G + 2 3 4 Regio 10:15 Duisburg	8:00 Herne				20:45 - 22:00
8 Mo 18			1 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 19				G 18:15 - 19:45					
Mi 20		1 16:00 - 17:00			3 18:15 - 19:15		G Off Ice 18:15 - 19:15 19:30 - 20:45		21:00 - 22:00
Do 21		A 16:00 - 17:00	1 17:00 - 18:00	G 16:30 - 18:00 Theorie 18:15 - 18:45	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 22	Spieler & Torhüter Skills Training 12:45 - 13:45								
Sa 23					G + 3 17:15 - 18:45	G + 3 9:30 Krefeld	15:30 Berlin		
So 24	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45	Girls Day 17:15 - 19:00	G + 2 3 4 U9 B Turnier 10:15 Training 8:00 - 9:00	A 9:00 - 10:00	9:00 Iserlohn	G 19:15 - 20:45	12:30 Hannover		21:00 - 22:00
9 Mo 25			1 17:15 - 18:15	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 26							G 18:15 - 19:45 Off Ice 20:00 - 21:00		
Mi 27		1 16:00 - 17:00							
Do 28		A 16:00 - 17:00	1 16:30 - 18:00	G 16:30 - 18:00 Theorie 18:15 - 18:45	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	

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.

