

Trainingsplan EVD-Jungfuechse Januar 2019 Stand 30.12.2018

	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
1	Di 1							Off Ice 19:30 - 20:30 21:00 - 22:00		
	Mi 2			G 10:15- 11:15	G 10:15 - 11:15	4 8:00 - 9:15	3 8:00 - 9:15	Off Ice 19:15 - 20:15 19:45 - 20:45	Off Ice 19:45 - 20:45 21:00 - 22:00	
	Do 3			1 8:00 - 9:00	G 8:45 - 9:45	4 18:15 - 19:30	3 18:15 - 19:30	Theorie 18:00 - 19:15 19:45 - 20:45	Off Ice 19:45 - 20:45 21:00 - 22:00	
	Fr 4									
	Sa 5					G 8:00 - 9:30		G Theorie 16:00 - 17:00 17:15 - 18:45		
	So 6	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45		A 8:00 - 9:15	G 9:15 - 10:45	14:30 Köln	1 17:15 - 19:00		G + 3 19:30 Bergisch Land	
2	Mo 7			1 17:15 - 18:15 Theorie 18:30 - 18:45	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	Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Di 8									
	Mi 9		1 16:00 - 17:00			4 18:00 - 19:30			G + 3 19:45 Ratingen	
	Do 10		A 16:00 - 17:00	1 17:00 - 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	Off Ice 18:30 - 19:30 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Fr 11	Spieler & Torhüter Skills Training 12:45 - 13:45								
	Sa 12			U9 9:30 Duisburg	Girls 18:00 Grefrath		17:15 - 18:45	18:00 Hamburg		
	So 13	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45		1 8:45 - 9:45	A LL 16:30 Krefeld Training 8:00 - 9:00	G + 3 10:15 Kassel	G + 3 17:30 Krefeld	11:15 Hamburg	17:15 Tus Wiehl	20:00 - 22:00
3	Mo 14			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	Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Di 15									
	Mi 16		1 16:00 - 17:00				1 18:15 - 19:15	G Off Ice 18:00 - 19:00 19:30 - 20:45		21:00 - 22:00
	Do 17		A 16:00 - 17:00	1 16:30 - 18:00	G 17:00 - 18:00	2 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 17:00 - 18:00 18:15 - 19:30	Theorie 18:30 - 19:20 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Fr 18	Spieler & Torhüter Skills Training 12:15 - 13:45			G 18:15 - 19:15	3 19:30 - 20:30	1 20:45 - 22:00		19:45 Dortmund	
	Sa 19			1 9:00 - 10:30	G Regio 14:45 Frankfurt Training 9:00 - 10:30			G + 3 16:30 Bad Nauheim		
	So 20	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45				A 8:15 - 9:45		G + 3 10:15 Bad Nauheim		20:45 - 22:00
4	Mo 21			1 17:15 - 18:15 Theorie 18:30 - 18:45	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	Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Di 22									
	Mi 23		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 24		A 16:00 - 17:00	1 17:00 - 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 25	Spieler & Torhüter Skills Training 12:45 - 13:45								
	Sa 26				G + 3 LL 9:15 Duisburg	G 17:15 - 18:45	10:00 Kassel		16:30 Herne	
	So 27	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45	Kids Day 17:15 - 18:45	A U9 16:30 Krefeld Training 8:00 - 9:00	A Regio 14:30 Köln Training 8:45 - 9:45	G + 3 10:15 Iserlohn			G + 3 19:30	
5	Mo 28			1 17:15 - 18:15 Theorie 18:30 - 18:45	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	Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Di 29									
	Mi 30		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 31		A 16:00 - 17:00	1 16:30 - 18:00	G 17:00 - 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	

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.