

Trainingsplan EVD-Jungfuechse März 2019 Stand 21.03.19

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			U 9 B 12:15 Uhr in Dinslaken	LL 9:15 Duisburg		17:15 - 18:45	13:45 Kassel		
So 3	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45		G 8:15 - 9:45	G Girls 18:00 Miers Training 10:00 - 11:15	17:15 - 18:45	11:15 Kassel	11:30 - 12:45 ----- 19:00 - 22:00 Karneval Spaß Game		
10 Mo 4			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 5				G 18:15 - 19:45					
Mi 6		1 16:00 - 17:00			1 18:15 - 19:45	18:15 Krefeld	G Off Ice 18:15 - 19:15 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	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			G 18:15 - 19:15	G 18:15 - 19:15		19:15 - 20:15			20:30 - 22:00
Sa 9			U 9 B 18:00 Uhr in Neuss	Regio 9:15 Duisburg		17:15 - 18:45	14:30 Wolfsburg		
So 10	A TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45			A Girls 16:30 Krefeld Training 8:15 - 9:45	G + + 4 10:15 Krefeld		9:00 Wolfsburg		
11 Mo 11			1 17:15 - 18:15	G 18:15 - 19:15	2 Off Ice 18:00 - 19:00 19:30 - 20:45	3 Off Ice 18:00 - 19:00 19:30 - 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			18:15 - 19:45	18:15 Krefeld	G 19:45 - 20:45		21:00 - 22:00
Do 14	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		
Fr 15			G 18:15 - 19:15		4 19:15 - 20:30	3 20:45 - 22:00		20:00 Ratingen	
Sa 16			U7 7:30 Gelsenkirchen	LL 10:30 Wiehl	13:30 Dortmund		G 17:15 - 18:45		
So 17	TW GR.1 8:00 - 8:45 TW GR.2 8:45 - 9:45	10:00 - 11:00	U7 10:00 Nordhorn	8:15 - 9:45		11:15 - 12:45		20:00 Neuss	
12 Mo 18			1 17:15 - 18:15	G 18:15 - 19:15	2 Off Ice 18:00 - 19:00 19:30 - 20:45	3 Off Ice 18:00 - 19:00 19:30 - 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				4 18:15 - 19:45	G 19:45 - 20:45		21:00 - 22:00
Do 21	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 22			G 18:15 - 19:15		1 19:30 - 20:30	4 20:45 - 22:00			
Sa 23		1 11:00 - 12:15	U7 18:15 Ratingen	LL 10:00 Trosdorf		G 17:15 - 18:45	G 9:15 - 10:45	17:00 Wiehl	
So 24				Regio 16:30 Krefeld	3 17:15 - 18:45	G + + 4 10:45 Kassel		G + + 4 19:30 Ratingen	
13 So 24				G + + 1 U 11 Girls 8:00					
Fr 29						19:30 Iserlohn			
Sa 30			U7 9:30 Duisburg	Girls 18:00 Neuss					
So 31	A		U9 B 10:30 in Essen			10:15 Iserlohn			

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.