

Trainingsplan EVD-Jungfuechse Februar 2020

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
5 Sa 1				RL 12:00 Bad Nauheim	RL 9:30 Iserlohn		16:35 Erfurt		
So 2					RL 14:00 Düsseldorf	10:30 - 11:30	11:45 - 12:45		21:00 - 22:00
6 Mo 3			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00	
Di 4							18:15 - 19:45		
Mi 5	U7 - U13 17:00 - 18:00 U15 - U20 18:45 - 19:45	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00		18:15 - 19:45		Off Ice 18:30 - 19:30 20:00 - 21:15	21:30 - 22:30
Do 6		16:00 - 17:00	17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00	
Fr 7					17:15 - 18:45	19:15 Krefeld			
Sa 8		Turnier 9:30 - 11:45		LL 7:30 Gelsenkirchen	Bez 17:45 Moers			16:35 Kassel	
So 9			7:30 Gelsenkirchen	17:15 - 18:15	RL 10:30 Kassel	18:30 - 19:45			
7 Mo 10			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:30 - 20:30 21:00 - 22:00	
Di 11							18:15 - 19:45		
Mi 12	U7 - U13 17:00 - 18:00 U15 - U20 18:45 - 19:45	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00	18:15 - 19:15	19:30 - 20:30		Off Ice 19:30 - 20:30 20:45 - 22:00	
Do 13		16:00 - 17:00	17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:15 - 20:15 21:00 - 22:00	
Fr 14			16:00 - 17:00	16:00 - 17:00	17:15 - 18:15	17:15 - 18:15			
Sa 15			8:00 Troisdorf	LL 10:45 Wiehl	RL 12:00 Herford		16:35 Chemnitz	16:00 Chemnitz	
So 16							10:30 Chemnitz	11:30 Chemnitz	20:30 - 22:00
8 Mo 17			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:15 - 20:15 20:45 - 22:00	
Di 18					18:15 - 19:45				
Mi 19	U7 - U13 17:00 - 18:00 U15 - U20 18:45 - 19:45	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00		18:15 - 19:45		Off Ice 18:30 - 19:30 20:00 - 21:15	21:30 - 22:30
Do 20		16:00 - 17:00	17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:15 - 20:15 21:00 - 22:00	
Fr 21					16:45 - 18:15				
Sa 22					BEZ 7:30 Grefrath RL 9:30 Bad Nauheim		15:00 Chemnitz in Crimmitschau	16:35 Weißwasser	
So 23		Turnier in Herne 8:30				17:30 Iserlohn		10:30 Weißwasser	
9 Mo 24			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:15 - 20:15 20:45 - 22:00	
Di 25							18:15 - 19:45		
Mi 26	U7 - U13 17:00 - 18:00 U15 - U20 18:45 - 19:45	16:00 - 17:00	16:00 - 17:00	17:00 - 18:00		18:15 - 19:45		Off Ice 18:30 - 19:30 20:00 - 21:15	21:30 - 22:30
Do 27		16:00 - 17:00	17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:00 - 19:15 19:45 - 20:45	Off Ice 19:15 - 20:15 21:00 - 22:00	
Fr 28					16:45 - 18:15	19:00 Krefeld			
SA 29		Turnier 9:30 - 11:45 Troisdorf Gelsenkirchen Grefrath				19:15 Köln	16:35 Hamburg		

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.

28.01.2020