

Trainingsplan EVD-Jungfuechse August 2020

Datum	TW	Landshalle On Ice 120 min 2 x 75 min	U 7 / U 9 On Ice 180 min 2 x 75 min	U 11 On Ice 180 min 2 x 75 min	U 13 On Ice 4 Std Off Ice 2 Std	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 8 Std Off Ice 2,5 Std	U 20 DNL Ice 6 Std Ice 3 Std	On Off
Sa 1									
So 2									
Mo 3			17:15 - 18:30 Eishalle Duisburg	17:15 - 18:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:30 - 20:00 Eishalle Duisburg	Schuss & Slickhanding 9:00 - 10:00 10:00 - 11:15 Oder 17:00 - 18:15	
Di 4					18:15 - 19:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:30 - 20:00 Eishalle Duisburg	19:45 - 21:30 Eishalle Moers	
Mi 5			17:00 - 18:00 Eishalle Duisburg	17:00 - 18:00 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:30 - 20:00 Eishalle Duisburg	19:45 - 21:15 Eishalle Duisburg	
Do 6			17:15 - 18:30 Eishalle Duisburg	17:15 - 18:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:15 - 19:30 Eishalle Duisburg	18:30 - 20:00 Eishalle Duisburg	Schuss & Slickhanding 9:30 - 10:30 10:30 - 12:00 Oder 19:45 - 18:15	
Fr 7									
Sa 8									
So 9	Achtung	ab	jetzt	alle	Einheiten	in	Wesel	!!!!!!!	
Mo 10			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 ON Ice 21:00 - 22:00	
Di 11						Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30			
Mi 12			17:00 - 18:00	17:00 - 18:00	18:15 - 19:30			Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Do 13			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 ON Ice 21:00 - 22:00	
Fr 14					17:15 Krefeld	18:15 - 19:45	20:00 - 21:30		
Sa 15								Camp	
So 16								Camp	
Mo 17			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:00 - 19:15 On Ice 19:45 - 21:00		
Di 18						Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Mi 19			17:00 - 18:00	17:00 - 18:00			18:15 - 19:30	Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Do 20			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Fr 21							18:00 - 19:30 Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Düsseldorf	
Sa 22			Camp	Camp	Camp			Düsseldorf	
So 23			Camp	Camp	Camp		19:30 - 20:30	Düsseldorf	
Mo 24			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Di 25							Off Ice 18:00 - 19:15 On Ice 19:45 - 21:00		
Mi 26			17:00 - 18:00	17:00 - 18:00		18:15 - 19:30	18:15 - 19:30	Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Do 27			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Fr 28									
Sa 29						Camp	Camp	19:00 Troisdorf Senioren	
So 30						Camp	Camp	?????? Spiel 18:00 Uhr	
Mo 31			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 ON Ice 21:00 - 22:00	
Di 1						Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45		
Mi 2			17:00 - 18:00	17:00 - 18:00				Off Ice 18:00 - 19:00 On Ice 19:30 - 20:45	
Do 3			17:00 - 18:00	17:00 - 18:00	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30	Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30		Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00	
Fr 4							18:15 - 19:45		
Sa 5					11:00 - 12:30	9:30 - 10:45			
So 6								18:00 Amsterdam Tigers	