

Trainingsplan EVD-Jungfuechse September 2020 Stand 03.09.2020

Datum	TW	Laufschule 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 5 Std Off Ice 2,5 Std		U 20 DNL On Ice 6 Std Off Ice 3 Std		ALTE HERREN
36	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 18:15 - 19:15 On Ice 19:45 - 21:00		
	Fr 4								Off Ice 16:45 - 18:00 On Ice 18:15 - 19:45		18:15 - 19:45				
	Sa 5						11:00 - 12:30		9:30 - 10:45						
	So 6												18:00 Uhr Amsterdam Tigers		
37	Mo 7			17:00 - 18:00	17:00 - 18:00			Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30							
	Di 8								On Ice 18:00 - 19:15 Off Ice 19:30 - 20:45		On Ice 18:00 - 19:15 Off Ice 19:30 - 20:45		Off Ice 18:00 - 19:15 On Ice 19:45 - 21:00		
	Mi 9			17:00 - 18:00	17:00 - 18:00			Off Ice 16:45 - 18:00 On Ice 18:15 - 19:30					Off Ice 19:00 - 20:15 On Ice 20:45 - 22:00		
	Do 10								Off Ice 17:00 - 18:15 On Ice 18:45 - 19:45		Off Ice 17:00 - 18:15 On Ice 18:45 - 19:45				
Eis Duisburg	Fr 11						C 1 + 2 17:00 - 18:15	AR	18:30 - 19:30	AR	18:30 - 19:30	C 3 + 4 Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00			
	Sa 12			C 1 10:00 - 11:00	C 2 10:00 - 11:00		C 1 + 2 18:00 - 19:30	AR	Camp	AR	Camp	C 3 + 4 19:30 Iserlohn			
	So 13						G + C 1 + 2 10:15 Krefeld	AR	Camp	AR	Camp	G + C 3 + 4 18:30 1.Mannschaft Antwerpen			
38	Mo 14			AR 17:00 - 18:00	AR 17:00 - 18:00		C 1 + 2 Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	C 3 + 4 Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00			
	Di 15							G	17:00 - 18:15	G	17:00 - 18:15				
	Mi 16			AR 16:00 - 17:00	G 17:00 - 18:00		C 1 + 2 Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30					C 3 + 4 Off Ice 18:30 - 19:30 On Ice 19:45 - 21:00		21:15 - 22:15	
	Do 17			AR 17:00 - 18:00	AR 17:00 - 18:00		C 1 + 2 Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45		Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	C 1 + 2 Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45		Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00			
	Fr 18						C 1 + 2 16:45 - 18:15				19:00 Ratingen	C 3 + 4 20:00 Troisdorf			
	Sa 19						Freiwillig 10:00 - 13:00 Uhr Kufertest Anmeldung notwendig					C 3 + 4 16:35 Iserlohn			
	So 20	AR 9:30 - 10:30 U9 - U11 - U13			C 3 10:30 - 11:30		G C 1 + 2 12:00 Neuss					C 3 + 4 18:30 Aachen			
39	Mo 21			AR 17:00 - 18:00	AR 17:00 - 18:00		C 1 + 2 Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	C 3 + 4 Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00			
	Di 22							G + AR	17:00 - 18:15	G + AR	17:00 - 18:15				
	Mi 23	AR 16:00 - 17:00		AR 16:00 - 17:00			C 1 + 2 On Ice 17:00 - 18:00 Off Ice 18:30 - 19:30					C 3 + 4 Off Ice 18:30 - 19:30 On Ice 19:45 - 21:00		21:15 - 22:15	
	Do 24			AR 17:00 - 18:00	AR 17:00 - 18:00		C 1 + 2 Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45		Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	C 1 + 2 Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45		Off Ice 19:30 - 20:30 On Ice 21:00 - 22:00			
	Fr 25						C 1 + 2 16:45 - 18:15	AR	18:15 - 19:30	G	19:45 - 21:15				
	Sa 26	G 9:30 - 10:30 U15 - U17 - U20	AR 9:30 - 10:30		C 3 10:30 - 11:30		G + C 1 + 2 12:00 Neuss	G			FS 19:30 Neuss	G + C 3 + 4 16:35			
	So 27											C 3 + 4 10:30			
40	Mo 28			AR 17:00 - 18:00	AR 17:00 - 18:00		C 1 + 2 Off Ice 16:45 - 17:45 On Ice 18:00 - 19:30	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	AR	Off Ice 18:00 - 19:15 On Ice 19:45 - 20:45	C 3 + 4 Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00			
	Di 29							G	17:00 - 18:15	G	17:00 - 18:15				
	Mi 30	AR 16:00 - 17:00		AR 16:00 - 17:00			C 1 + 2 On Ice 17:00 - 18:00 Off Ice 18:30 - 19:30					C 3 + 4 Off Ice 18:15 - 19:15 On Ice 19:45 - 21:00		21:15 - 22:15	

AR= Anschnallraum / G=Gästekabine / C1-2 Container unten / C3-4 Container Oben