

Trainingsplan EVD-Jungfuechse Oktober 2020 Stand 28.09.20

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	1. Mannschaft	Alte Herren
40	Do 1		A R 17:00 - 18:00	A R 17:00 - 18:00		3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30	
	Fr 2			A R 16:30 - 17:30	2 17:30 - 19:00		G + 3 FS 19:30 Neuss			
	Sa 3	G 9:30 - 10:30 U9 - U11 - U13		Gr.1 8:15 Troisdorf		3 11:45 - 13:00	1 11:45 - 13:00	G + 4 16:35 Hamburger SV	18:45 Neuss	
	So 4				B 18:15 Aachener EC	G + 3 FS 17:30 Ratingen		G + 4 10:30 Hamburger SV	17:15 Krefeld	
41	Mo 5		G 17:00 - 18:00	A R 17:00 - 18:00	2 Off Ice 16:45 - 17:45 18:00 - 19:30	3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 6					3 17:00 - 18:30	1 17:00 - 18:30		18:30 - 19:45	
	Mi 7	U T 16:00 - 17:00	G 16:00 - 17:00		2 17:00 - 18:00 Off Ice 18:30 - 19:30			4 Off Ice 18:30 - 19:30 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 8		A R 17:00 - 18:00	G 17:00 - 18:00		3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30	
	Fr 9				2 16:45 - 18:15	3 18:30 - 19:45			20:00 Hamm	
	Sa 10	G 9:30 - 10:30 U15 - U17 - U20	U T 9:30 - 10:30		G + 2 B 16:30 Aachener EC	FS 18:00 Neuss	1 11:45 - 13:00	17:30 Frankfurt		
	So 11				G + 2 B 10:30 Herford	17:00 Ratingen		12:30 Frankfurt	18:30 Hamm	
42	Mo 12		G 17:00 - 18:00	A R 17:00 - 18:00	2 Off Ice 16:45 - 17:45 18:00 - 19:30	3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 13					3 17:00 - 18:30	1 17:00 - 18:30		18:30 - 19:45	
	Mi 14	U T 16:00 - 17:00	G 16:00 - 17:00		2 17:00 - 18:00 Off Ice 18:30 - 19:30			4 Off Ice 18:30 - 19:30 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 15		AR 17:00 - 18:00	G 17:00 - 18:00		3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30	
	Fr 16			G 16:45 - 18:00	2 18:15 - 19:45				20:00 Essen	
	Sa 17	G 9:30 - 10:30 U9 - U11 - U13	U T 9:30 - 10:30	2 FS 18:00 Neuss	B 7:45 Königsborn in Bergkamen A 16:30 - 17:30	3 10:45 - 11:45 17:45 - 19:00	1 12:00 - 13:00 17:45 - 19:00	14:00 Wolfsburg		
	So 18				A 10:30 Kassel			9:00 Wolfsburg	18:30 Dortmund	
43	Mo 19		AR 17:00 - 18:00	A R 17:00 - 18:00	2 Off Ice 16:45 - 17:45 18:00 - 19:30	3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 20					3 17:00 - 18:15	1 17:00 - 18:15		18:30 - 19:45	
	Mi 21	U T 16:00 - 17:00	A R 16:00 - 17:00		2 17:00 - 18:00 Off Ice 18:30 - 19:30			4 Off Ice 18:30 - 19:30 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 22		AR 17:00 - 18:00	A R 17:00 - 18:00		3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30	
	Fr 23				2 16:45 - 18:15				19:30 Essen	
	Sa 24	G 9:30 - 10:30 U15 - U17 - U20	U T 9:30 - 10:30		G 10:30 - 11:30	A 16:30 Köln	3 11:45 - 13:00	1 11:45 - 13:00	13:45 Kassel	
	So 25					17:30 Tus Wiehl		10:30 Kassel	19:00 Dortmund	20:30 - 22:00
44	Mo 26		G 17:00 - 18:00	A R 17:00 - 18:00	2 Off Ice 16:45 - 17:45 18:00 - 19:30	3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:15 - 20:30 21:00 - 22:00		
	Di 27					3 17:00 - 18:30	1 17:00 - 18:30		18:30 - 19:45	
	Mi 28	U T 16:00 - 17:00	G 16:00 - 17:00		2 17:00 - 18:00 Off Ice 18:30 - 19:30			4 Off Ice 18:30 - 19:30 19:45 - 21:00	18:15 - 19:30	21:15 - 22:15
	Do 29		A R 17:00 - 18:00	G 17:00 - 18:00		3 Off Ice 18:00 - 19:15 19:45 - 20:45	1 Off Ice 18:00 - 19:15 19:45 - 20:45	4 Off Ice 19:30 - 20:30 21:00 - 22:00	18:15 - 19:30	
	Fr 30			AR 16:30 - 17:30	2 17:30 - 19:00		G + 3 19:30 Essen			
	Sa 31	A R 9:15 - 10:15 U9 - U11 - U13	G + 1 9:15 - 10:15	FS 11:30 Moers	Gr.1 17:00 Ratingen	G + 2 A 16:30 Iserlohn	3 10:15 - 11:15	20:30 Neuss		