

Trainingsplan EVD-Jungfuechse März 2017

Datum	TW-Training	Laufschule	U8	Bambinis	KI.Schüler	Knaben	Schüler	Jugend	A. Herren
Mi 1							G 18:15 - 19:30	1 19:45- 20:45	3 21:00 - 22:00
Do 2		A 16:15 - 17:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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	
Fr 3				Pausen Game	Pausen Game				
Sa 4			A 9:15 - 10:30	G 10:30 - 11:30	Dinslaken 12:30	G 17:15 - 18:45	Schwarz 16:30 Frankfurt		
So 5	A 8:00 - 9:30		10:15 Duisburg	A 8:00 - 9:30	1 17:15 - 19:00		Weiss 18:15 Königsborn	G 19:30 Neuss + 3	
Mo 6		A 17:15 - 18:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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 7									
Mi 8					1 18:15 - 19:15		G 19:15 - 20:45		3 21:00 - 22:00
Do 9		A 16:15 - 17:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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	
Fr 10					3 18:15 - 19:15	1 20:45 - 21:45	G 19:30 - 20:30	19:45 Neuwied	
Sa 11	G 9:15 - 10:30	Blitzturnier 17:15 - 18:45	G 9:15 - 10:30	Weiss 9:00 Brackwede	Bergisch Gladbach 12:45		1 10:30 - 11:30		
So 12			17:30 Ratingen	A 8:00 - 9:45	1 17:15 - 18:15	G 18:15 - 19:15	G 10:15 Neuss + 3		19:30 - 22:00
Mo 13		A 17:15 - 18:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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 14									
Mi 15						1 18:15 - 19:15	G 19:30 - 20:45	3 21:00 - 22:00	
Do 16		A 16:15 - 17:15	G 17:15 - 18:15	1 17:15 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	19:15 Iserlohn	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 17									
Sa 18				Schwarz 18:00 Neuss		1 17:15 - 18:45	G Weiss 9:30 Aachen + 3	21:00 Neuss	
So 19	A 8:00 - 9:00		A 8:00 - 9:00	1 8:45 - 9:45	1 17:15 - 18:45	G 19:00 - 20:45	G Schwarz 10:15 Herford + 3		21:00 - 22:00
Mo 20		A 17:15 - 18:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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 21									
Mi 22						G 18:15 - 19:30		1 19:45- 20:45	3 21:00 - 22:00
Do 23		A 16:15 - 17:15	G 17:15 - 18:15	1 17:15 - 18:15	4 Off Ice 17:00 - 18:00 18:15 - 19:30	3 Off Ice 18:00 - 19:00 19:30 - 20:45	Schwarz 19:15 Iserlohn	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 24				Schwarz 18:30 Dortmund	1 18:15 - 19:00			G 19:30 Hamm + 3	
Sa 25	A 9:15 - 10:15		G 9:15 - 10:15	Weiss 18:30 Ratingen Training 18:15 - 11:30	G 17:15 - 18:45	12:15 Bad Nauheim	G 11:45 - 12:45		
So 26						1 8:00 - 9:45	G Weiss 10:15 Bergisch Land + 3	Dortmund ??	
Mo 27		A 17:15 - 18:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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 28									
Mi 29							G 18:15 - 19:30	3 19:45- 20:45	1 21:00 - 22:00
Do 30		A 16:15 - 17:15	G 17:15 - 18:15	1 17:15 - 18:15	4 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	
Fr 31									

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.