

Trainingsplan EVD-Jungfuechse Oktober 2017 V1

Datum	TW-Training	Laufschule	U8	Bambinis	KI.Schüler	Knaben	Schüler RL	Schüler BL	Jugend	Alte Herren
So 1	A 8:00 - 9:00 U14- U19		A 8:00 - 9:45	10:15 LL Krefeld Training 8:00 - 9:45	8:00 Herne	G + 3 10:15 Bad Nauheim	1 19:45 - 20:45	G + 3 17:30 Kassel		20:30 - 22:00
Mo 2		A 17:15 - 18:15	1 17:15 - 18:15	G 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 3						G 18:15 - 19:45				
Mi 4							G 19:45 - 20:45 18:15 - 19:30	G 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 5		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 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 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 6					1 18:15 - 19:45		G 19:45 - 20:45		3 21:00 - 22:00	
Sa 7				G + 3 8:30 RL Duisburg				13:30 Dortmund		
So 8	1 8:00 - 9:00 U8- U12	10:30 - 12:30 Kids Day	1 8:00 - 9:00	3 8:00 - 9:00	13:30 Dortmund			G 9:15 - 10:30		
Mo 9		A 17:15 - 18:15	1 17:15 - 18:15	G 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 10								G 18:15 - 19:45		
Mi 11							G 19:45 - 20:45 18:15 - 19:30	G 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 12		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 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 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 13					1 18:15 - 19:00				G + 3 19:30 Tus Wiehl	
Sa 14			8:00 Herne	12:15 LL Iserlohn	12:15 Bad Nauheim	G 9:15 - 10:45	12:00 Herford	G + 1 16:30 Preussen Berlin		
So 15	A 8:00 - 9:00 U8- U12		A 8:00 - 9:00	A 8:00 - 9:00	4 9:00 - 9:45	11:15 Kassel		G + 1 10:15 Preussen Berlin		
Mo 16		A 17:15 - 18:15	1 17:15 - 18:15	G 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 17								G 18:15 - 19:45		
Mi 18						3 18:15 - 19:45			1 20:00 - 21:00	21:00 - 22:00
Do 19		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 20										
Sa 21					12:15 Iserlohn	G + 3 9:30 Dortmund		G 17:15 - 18:45		
So 22	8:00 - 9:00 U14- U19		1 8:00 - 9:45	3 10:15 RL Krefeld Training 8:00 - 9:45	1 17:15 - 18:45		G + 3 10:15 Herford		G + 3 19:30 Dortmund	
Mo 23		A 17:15 - 18:15	1 17:15 - 18:15	G 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 24						G 18:15 - 19:45				
Mi 25							G 19:45 - 20:45 18:15 - 19:30	G 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 26		A 16:30 - 17:30	1 17:00 - 18:15	G 17:00 - 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 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Fr 27					G 18:15 - 19:45		1 19:45 - 20:45		21:00 - 22:00	
Sa 28			1 9:15 - 10:15	G 9:15 - 10:15		3 17:15 - 18:45	3 10:15 - 11:30	19:30 Hannover		
So 29	A 8:00 - 9:00 U8- U12		A 8:00 - 9:30	G 8:00 - 9:30		1 9:45 - 11:00	3 11:15 - 12:45			
Mo 30		A 17:15 - 18:15	1 17:15 - 18:15	G 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 18:15 - 19:15 19:45 - 20:45	G 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 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.