

Trainingsplan EVD-Jungfuechse November 2017 V2

Datum	TW-Training	Laufschule	U8	Bambinis	KI.Schüler	Knaben	Schüler RL	Schüler BL	Jugend	Alte Herren
Mi 1							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 2		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 3										
Sa 4				G 10:45 - 11:30	1 17:15 - 18:45	3 9:15 - 10:45		16:00 Erfurt		
So 5	A 8:00 - 9:00 U14- U19		1 8:00 - 9:45	A 8:00 - 9:45		G + 3 10:15 Ratingen	1 17:15 - 19:00	12:00 Erfurt	G + 3 Neuss 19:30	
Mo 6		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 Off Ice 18:15 - 19:15 19:45 - 20:45		1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 7								18:15 - 19:45		
Mi 8							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 9		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 10			1 18:15 - 19:15	G 18:15 - 19:15			3 19:30 - 20:45	G 20:45 - 22:00		
Sa 11					G + 3 9:30 Düsseldorf	17:15 - 18:45				
So 12	8:00 - 9:00 U8- U12		1 8:00 - 9:45	A 8:00 - 9:45	1 17:15 - 18:45		G + 3 10:15 Dortmund		G + 3 Dinslaken 19:30	
Mo 13		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 Off Ice 18:15 - 19:15 19:45 - 20:45	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 - 19:45	G Off Ice 18:30 - 19:30 19:45 - 20:45	G Off Ice 18:30 - 19:30 19:45 - 20:45	1 19:45 - 20:45	
Do 16		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 17										
Sa 18		Laufschul Turnier 17:15 - 18:45		Girls Team 17:15 - 18:45	16:30 Krefeld	G + 3 9:30 Köln		17:45 Bad Nauheim		
So 19	A 8:00 - 9:00 U8- U12		17:30 Ratingen Training 8:00 - 9:45	A 8:00 - 9:45	18:00 Köln	12:15 Bad Nauheim		G + 3 17:30 Bad Nauheim	G + 3 Troisdorf 10:15	20:30 - 22:00
Mo 20		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 Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 21						G 18:15 - 19:45				
Mi 22							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 23		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 24					G 18:15 - 19:45	1 19:45 - 20:45	3 21:00 - 22:00			
Sa 25			1 17:15 - 18:45	G 17:15 - 18:45	G + 3 9:30 Dortmund			17:45 Bad Nauheim	Herford 12:00	
So 26	8:00 - 9:00 U14- U19		12:30 Dinslaken			A 8:00 - 9:45	G + 3 10:15 Frankfurt			20:45 - 22:00
Mo 27		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 Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
Di 28					A 18:15 - 19:45					
Mi 29							G Off Ice 19:45 - 20:45 18:15 - 19:30	G Off Ice 19:45 - 20:45 18:15 - 19:30	1 19:45 - 20:45	21:00 - 22:00
Do 30		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	

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.