

Trainingsplan EVD-Jungfuechse Januar 2018 V1

Datum	TW-Training	Laufschule	U8	Bambinis	KI.Schüler	Knaben	Schüler RL	Schüler BL	Jugend
Mo 1								G 17:15 - 19:00	
Di 2			1 17:15 - 18:15	3 17:15 - 18:15				G Off Ice 17:15 - 18:15 18:30 - 19:45	
Mi 3					18:15 - 19:30	18:15 - 19:30	G Off Ice 18:15 - 19:15 19:45 - 20:45	G Off Ice 9:45 - 11:15 8:00 - 9:30	1 21:00 - 22:00
Do 4			1 8:00 - 9:30	G 8:00 - 9:30	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 5					1 8:00 - 9:30	3 8:00 - 9:30			
Sa 6						17:30 Ratingen		19:30 Berlin	
So 7	8:00 - 9:00		1 8:00 - 9:45	G 8:00 - 9:45	G + 3 17:30 Kassel		1 19:45 - 20:45	11:00 Berlin	4 21:00 - 22:00
Mo 8		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 9	Trainersitzung 20:00	Trainersitzung 20:00	Trainersitzung 20:00	Trainersitzung 20:00	Trainersitzung 20:00	Trainersitzung 20:00	Trainersitzung 20:00	G 18:15 - 19:45	Trainersitzung 20:00
Mi 10						G + 3 18:30 Dortmund	19:30 Essen		
Do 11		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 Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00
Fr 12									19:45 Neuwied
Sa 13				11:00 Soest U10 Mädchen		G 9:15 - 10:45		G + 3 16:30 Hamburg	
So 14	8:00 - 9:00		8:00 - 9:45	8:00 - 9:45	17:15 - 18:45	18:00 Köln	19:00 - 20:15	G + 3 10:15 Hamburg	20:30 - 22:00
Mo 15		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 16		9:00 - 11:30 Förderschule Nord						G 18:15 - 19:45	
Mi 17							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
Do 18		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 19									
Sa 20				9:30 U10 Mädchen	G 17:15 - 18:45	18:00 Neuss		13:45 Kassel	
So 21	8:00 - 9:00		1 8:00 - 9:45	A 8:00 - 9:45	10:15 Iserlohn	17:15 - 18:45	G + 3 19:30 Ratingen		
Mo 22		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 19:45 - 20:45 21:00 - 22:00	20:00 Dinslaken
Di 23								G 18:15 - 19:45	
Mi 24							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
Do 25		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 26						3 18:15 - 19:30	G 19:45 - 20:45		1 21:00 - 22:00
Sa 27			G + 1 17:15 - 18:45	8:00 LL Herne 10:30 Girl Wiehl Training 17:15- 18:45	1 9:30 - 10:30	3 10:45 - 11:45		18:00 Hamburg	
So 28	8:00 - 9:00		10:15 Duisburg	10:30 RL Essen		9:00 Iserlohn	A 8:00 - 9:45	12:30 Hannover	
Mo 29		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 30								G 18:15 - 19:45	
Mi 31						18:15 - 19:15	G Off Ice 18:15 - 19:15 19:30 - 20:45	G Off Ice 18:15 - 19:15 19:30 - 20:45	1 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.