

Trainingsplan EVD-Jungfuechse Februar 2018 Stand 16.02.2018

| Datum | TW-Training   | Laufschule                          | U8                | Bambinis  | Kl.Schüler                                  | Knaben                                      | Schüler RL                                  | Schüler BL                                  | Jugend                                      | Alte Herren          |
|-------|---------------|-------------------------------------|-------------------|---|---|---|---|---|---|----------------------|
| Do 1  |               | A 16:30 - 17:30                     | 1 17:00 - 18:15   | G 17:00 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G 19:45 - 20:45                             | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |   |                      |
| Fr 2  |               |                                     |                   |   | 1 18:15 - 19:45                             | 3 20:00 - 21:00                             | 1 21:00 - 22:00                             |   |   |                      |
| Sa 3  |               |                                     | 1 9:15 - 10:45    | 3 & 4<br>9:15 - 10:45                               | 16:30<br>Düsseldorf                         |   | G + 3<br>16:30<br>Berlin                    |   |   |                      |
| So 4  | A 8:00 - 9:00 |                                     |                   | 8:00 Girls<br>Dortmund                              |   |   | A 8:00 - 9:30                               | G + 3<br>10:15<br>Bad Nauheim               |   | ca.<br>21:00 - 22:00 |
| Mo 5  |               | A 17:15 - 18:15                     | 1 17:15 - 18:15   | G 17:15 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |                      |
| Di 6  |               |                                     |                   |   |   |   | G 18:15 - 19:45                             |   |   |                      |
| Mi 7  |               | Albert...<br>Schule<br>9:00 - 11:30 |                   |   | 1 18:15 - 19:45                             |   | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | 1 21:00 - 22:00                             |                      |
| Do 8  |               | A 16:30 - 17:30                     | 1 17:00 - 18:15   | G 17:00 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G Theorie<br>18:50 - 19:20<br>19:45 - 20:45 | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |   |                      |
| Fr 9  |               |                                     |                   |   |   |   |   |   |   |                      |
| Sa 10 |               |                                     | 1 17:15 - 18:45   | G 17:15 - 18:45                                     |   | G + 3<br>9:30<br>Iserlohn                   |   | 16:00<br>Erfurt                             |   |                      |
| So 11 | A 8:00 - 9:00 | Kidsday<br>17:15 - 18:45            |                   |   | G + 3<br>10:15<br>Bad Nauheim               | 8:00 - 9:45                                 | G + 3<br>19:30<br>Iserlohn                  |   | 19:30<br>Bergisch Land                      |                      |
| Mo 12 |               | A 14:45 - 15:45                     | 1 15:45 - 17:00   | G 15:45 - 17:00                                     | 4 Off Ice<br>16:00 - 17:00<br>17:15 - 18:30 | 3 Off Ice<br>16:00 - 17:00<br>17:15 - 18:30 | G Off Ice<br>17:30 - 18:30<br>18:45 - 20:00 | 1 Off Ice<br>17:30 - 18:30<br>18:45 - 20:00 |   |                      |
| Di 13 |               |                                     |                   |   |   |   | G 18:15 - 19:45                             |   |   |                      |
| Mi 14 |               |                                     |                   |   |   |   | 3 Off Ice<br>19:45 - 20:45<br>18:15 - 19:15 | G 19:30 - 20:45                             | 1 21:00 - 22:00                             |                      |
| Do 15 |               | A 16:30 - 17:30                     | 1 17:00 - 18:15   | G 17:00 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |   |                      |
| Fr 16 |               |                                     |                   |   | G 18:15 - 19:45                             |   | 18:30<br>Ratingen                           |   |   | 20:00 - 22:00        |
| Sa 17 |               |                                     |                   | LL 14:30<br>Düsseldorf                              | G + 3<br>9:30<br>Herne                      | G 17:15 - 18:45                             |   |   |   |                      |
| So 18 | A 8:00 - 9:00 |                                     | A 8:00 - 9:45     | A RL 14:00<br>Düsseldorf<br>Training<br>8:00 - 9:45 |   |   | G + 3<br>10:15<br>Kassel                    | 1 21:00 - 22:00                             |   |                      |
| Mo 19 |               | A 17:15 - 18:15                     | 1 17:15 - 18:15   | G 17:15 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |                      |
| Di 20 |               |                                     |                   |   |   |   | G 18:15 - 19:45                             |   |   |                      |
| Mi 21 |               |                                     |                   |   |   |   | G Off Ice<br>19:45 - 20:45<br>18:15 - 19:30 | G Off Ice<br>19:45 - 20:45<br>18:15 - 19:30 | 1 19:45 - 20:45                             | 21:00 - 22:00        |
| Do 22 |               | A 16:30 - 17:30                     | 1 17:00 - 18:15   | G 17:00 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G 19:45 - 20:45                             | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |   |                      |
| Fr 23 |               |                                     |                   |   |   |   |   |   |   |                      |
| Sa 24 |               |                                     | 9:00<br>Dinslaken |   |   | G 17:15 - 18:45                             | 10:00<br>Frankfurt                          | 19:30<br>Hannover                           |   |                      |
| So 25 | A 8:00 - 9:00 |                                     | 1 17:15 - 18:45   | 1 17:15 - 18:45                                     | 1 8:00 - 9:45                               | G + 3<br>10:15<br>Neuss                     |   |   | G + 3<br>19:30<br>Bergisch Land             |                      |
| Mo 26 |               | A 17:15 - 18:15                     | 1 17:15 - 18:15   | G 17:15 - 18:15                                     | 4 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | 3 Off Ice<br>17:00 - 18:00<br>18:15 - 19:30 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | G Off Ice<br>18:15 - 19:15<br>19:45 - 20:45 | 1 Off Ice<br>19:45 - 20:45<br>21:00 - 22:00 |                      |
| Di 27 |               |                                     |                   |   |   |   | 19:30<br>Ratingen                           | G 18:15 - 19:45                             |   |                      |
| Mi 28 |               | Albert...<br>Schule<br>9:00 - 11:30 |                   |   |   |   |   |   |   |                      |
| Mi 28 |               |                                     | 1 18:15 - 19:15   | G 18:15 - 19:30                                     | G 18:15 - 19:30                             |   |   | 1 19:30 - 20:45                             | 3 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.