

Trainingsplan EVD-Jungfuechse März 2018 Stand 19.03.2018

Datum		TW-Training	Laufschule	U8	Bambinis	Kl.Schüler	Knaben	Schüler RL	Schüler BL	Jugend	Alte Herren
9	Do 1					4 Off Ice 17:15 - 18:15 18:30 - 19:45	3 Off Ice 17:15 - 18:15 18:30 - 19:45		G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Fr 2			18:00 - 19:00	18:00 - 19:00					1 + 3 19:30 Tus Wiehl	
	Sa 3						1 9:15 - 10:45	20:30 Neuss	G + 1 16:30 Wolfsburg		
	So 4	A 8:00 - 9:00			10:15 Regionalliga	8:00 - 9:30	8:00 Düsseldorf		12:15 Bad Naheim	18:30 Dortmund	ca. 21:00 - 22:00
10	Mo 5		A Schule 9:00 - 11:30 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 6		Schule 9:00 - 11:30				G 18:15 - 19:45				
	Mi 7			1 18:15 - 19:30	G 18:15 - 19:30					3 19:45 - 20:45	21:00 - 22:00
	Do 8		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	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
11	Fr 9					4 18:15 - 19:00				19:30 Herford	
	Sa 10				18:15 Ratingen	16:30 LL Düsseldorf	G + 1 9:30 Köln	13:30 Dortmund	1 17:15 - 18:45		
	So 11	A 8:00 - 9:00			10:15 Landesliga	A 8:00 - 9:45					ca. 20:30 - 22:30
	Mo 12		17:45 - 18:45	17:45 - 18:45	17:45 - 18:45	Off Ice 17:30 - 18:30 18:45 - 20:00	Off Ice 17:30 - 18:30 18:45 - 20:00	Off Ice 18:30 - 19:30 20:00 - 21:00	Off Ice 18:30 - 19:30 20:00 - 21:00	Off Ice 19:45 - 20:45 21:00 - 22:00	
12	Di 13		Schule 9:00 - 11:30			18:15 - 19:45					
	Mi 14						18:15 - 19:45		19:45 - 20:45	21:00 - 22:00	
	Do 15		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	G Off Ice 18:15 - 19:15 19:45 - 20:45	1 Off Ice 19:45 - 20:45 21:00 - 22:00	
	Fr 16									20:00 Troisdorf	
13	Sa 17			G 17:15 - 18:45	G 17:15 - 18:45		9:30 Düsseldorf				
	So 18	A 8:00 - 9:00		8:30 Hamm	10:15 RL Krefeld	17:15 - 18:45	8:30 Herne	19:00 - 20:30	19:00 - 20:30	10:15 Ratingen	20:45 - 22:00
	Mo 19		A 17:15 - 18:15	1 17:15 - 18:15	G 17:15 - 18:15	4 18:15 - 19:30	3 18:15 - 19:30	G 19:45 - 20:45	G 19:45 - 20:45	1 21:00 - 22:00	
	Di 20						G 18:15 - 19:45				
13	Mi 21			1 18:15 - 19:30	G 18:15 - 19:30				G 19:45 Trainingsspiel Schüler		19:45 Trainingsspiel Schüler
	Do 22									1 20:15 - 22:00	
	Fr 23						1 18:15 - 19:15		G 19:45 - 22:00		
	Sa 24			1 17:15 - 18:45	G 17:15 - 18:45	1 9:15 - 10:45	10:00 Troisdorf	G 11:00 - 12:45	G 11:00 - 12:45		
13	So 25			1 8:00 - 9:30	G 10:15 LL Krefeld Training 8:00 - 9:30	3 9:45 - 11:15	1 11:30 - 12:30 18:45 - 20:45		G 17:15 - 18:30		21:00 - 22:00
	Mo 26			1 17:15 - 18:15	G 17:15 - 18:15	4 18:15 - 19:30	3 18:15 - 19:30	G 19:45 - 20:45	G 19:45 - 20:45	1 21:00 - 22:00	
	Di 27								G 18:15 - 19:45		
	Mi 28			1 18:15 - 19:30	G 18:15 - 19:30	4 19:45 - 20:45	3 19:45 - 20:45				21:00 - 22:00
Do 29			1 17:15 - 18:15	G 17:15 - 18:15	4 18:15 - 19:30	3 18:15 - 19:30	G 19:45 - 20:45	G 19:45 - 20:45	1 21:00 - 22:00		
Fr 30											

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.