NEV-Trainingsplan Oktober 2017

Stand: 28.09.2017

		Laufschule	U8	U10-Bambini	U12-Kleinschüler	U14-Knaben	U16-Schüler	U19-Jugend	1. Mannschaft	1B	1C	Albatrosse	TW		
1	SO					**FH 19.45 Essen**				**FA 20.15 Aachen**				SO	1
2	MO									19.30-20.10	22.30-23.30			MO	2
3	DI	15.00-16.00	15.00-16.30	15.00-16.30	16.45-18.15	16.45-18.15	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.15-19.15 Off-Ice	21.00-22.00			22.15-23.15		DI	3
4	MI				19.45-20.30 Powerskating (U12 - U19)									MI	4
5	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.15 17.30-18.30 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	19.45-20.45		21.00-22.00	22.15-23.15				DO	5
6	FR				**MA 17.00 Solingen**		**MA 20.00 Troisd.**	18.15-19.15	**MH 20.00 Neuw.**					FR	6
7	SA	10.20-11.15	**MH 18.00**			**MA 12.15 Iserlohn**	**MH 21.00 Herne**						10.20-11.15	SA	7
8	SO			**MA 08.00 Herne**				**MA 18.30 Dortm.**	**MA 18.00 Laut.**	**MH 20.00 Dinsl.**				SO	8
9	MO									19.30-20.10	22.30-23.30			MO	9
10	DI	15.00-16.00	15.00-16.30	15.00-16.30	16.45-18.15	16.45-18.15	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.15-19.15 Off-Ice	21.00-22.00			22.15-23.15		DI	10
11	MI				19.45-20.30 Schusstraining (U12 - U19)									MI	11
12	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.15 17.30-18.30 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45	21.00-22.00	22.15-23.15				DO	12
13	FR						18.15-19.15		**MH 20.00 Rat.**					FR	13
14	SA	10.20-11.15	**MA 08.00 Herne**	**MA 09.00 Brackw.**		**MH 18.00 Iserlohn**		**MH 20.30 Neuwied**					10.20-11.15	SA	14
15	SO				**MA 10.30 Essen**				**MA 19.00 Soest**	**MH 20.00 Wiehl**				SO	15
16	MO									19.30-20.10	22.30-23.30			MO	16
17	DI	16.00-17.00	16.00-17.00	16.00-17.00	17.15-18.15	17.15-18.15	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.15-19.15 Off-Ice	21.00-22.00			22.15-23.15		DI	17
18	MI				19.45-20.30 Powerskating (U12 - U19)									MI	18
19	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.15 17.30-18.30 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45	21.00-22.00	22.15-23.15				DO	19
20	FR						18.15-19.15		**MH 20.00 Dinsl.**	**MA 20.00 Herne**				FR	20
21	SA	10.20-11.15			**MH 18.00 Berg. GL**			**MA 12.00 Herford**			20.30-22.30		10.15-11.15	SA	21
22	SO								**MH 20.00 Herf.**					SO	22
23	MO									19.30-20.10	22.30-23.30			MO	23
24	DI	15.00-16.00	15.00-16.30	15.00-16.30	09.45.-10.45 16.45-18.15	09.45.-10.45 16.45-18.15	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45	21.00-22.00			22.15-23.15		DI	24
25	MI				19.45-20.30 Schusstraining (U12 - U19)									MI	25
26	DO		09.45-10.45 Powerskating (U8 / U10)											DO	26
			15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.15 17.30-18.30 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	19.45-20.45	Pskow	21.00-22.00	22.15-23.15					
27	FR						18.15-19.15	Pskow	**MH 20.00 Hamm**					FR	27
28	SA	10.20-11.15					**MH 20.30 Dortm.**	Pskow					10.20-11.15	SA	28
29	SO							Pskow	**MH 20.00 Diez**					SO	29
30	MO							Pskow		19.30-20.10	22.30-23.30			MO	30
31	DI	15.00-16.00	15.00-16.00	15.00-16.00	09.45.-10.45 16.00-16.45	09.45.-10.45 16.00-16.45	19.15-20.15 19.45-20.45 Off-Ice	Pskow	20.30-21.30			21.45-23.15		DI	31
		Laufschule	**U8**	**U10-Bambini**	**U12-Kleinschüler**	**U14-Knaben**	**U16-Schüler**	**U19-Jugend**	**1. Mannschaft**	**1B**	**1C**	**Albatrosse**	**TW**		