NEV-Trainingsplan November 2017

Stand: 25.10.2017

		Laufschule	U8	U10-Bambini	U12-Kleinschüler	U14-Knaben	U16-Schüler	U19-Jugend	1. Mannschaft	1B	1C	Albatrosse	TW		
1	MI					08.30-09.30	9.45-10.45	Pskow	19.30-20.30					MI	1
1	MI				18.15-19.15 Powerskating (U12 - U16)			Pskow						MI	1
2	DO		09.45-10.45 Schusstraining (U8 / U10)					Pskow						DO	2
2	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.45 18.00-19.00 Off-Ice	19.45-20.45 18.00-19.00 Off-Ice		Pskow	21.00-22.00	22.15-23.15				DO	2
3	FR						18.15-19.15	Pskow		**MH 20.00 Herne**				FR	3
4	SA	10.20-11.15		**MA 12.00 Herford**	**FH 18.00 Geleen**		**MH 20.30 Herford**	Pskow					10.20-11.15	SA	4
5	SO						19.30-20.30	**MA 19.30 Duisb.**	**MA 19.00 Neuw.**	20.45-21.45		22.00-23.00		SO	5
6	MO									19.20-20.05	22.30-23.30			MO	6
7	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	7
8	MI				19.45-20.30 Schusstraining (U12 - U19)									MI	8
9	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	9
10	FR						18.15-19.15		**MH 20.00 Lauterb.**					FR	10
11	SA	10.20-11.15			**MH 18.00 Herford**			**MH 20.30 B.-Land**					10.20-11.15	SA	11
12	SO					**MA 08.00 Herne**			**MA 18.00 Ratingen**	**FH 20.00 ??**				SO	12
13	MO									19.20-20.05	22.30-23.30			MO	13
14	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	14
15	MI				19.45-20.30 Powerskating (U12 - U19)									MI	15
16	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.00 17.15-18.30 Off-Ice	17.00-17.45 18.00-19.00 Off-Ice		19.45-20.45	21.00-22.00	22.15-23.15				DO	16
17	FR						18.15-19.15		**MH 20.00 Soest**					FR	17
18	SA	10.20-11.15			**MH 18.00 B-Land**		**MH 20.30 Frankf.**						10.15-11.15	SA	18
19	SO		**MA 17.30 Ratingen**			**MA 13.30 Dortm.**		**MA 18.45 Neuw.**	**MA 19.00 Dinsl.**	**MH 20.00 Aachen**				SO	19
20	MO									19.20-20.05	22.30-23.30			MO	20
21	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	21
22	MI				19.45-20.30 Schusstraining (U12 - U19)									MI	22
23	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	23
24	FR						**MH 20.00 Ratingen**	18.15-19.15	**MA 20.30 Herford**					FR	24
25	SA	10.20-11.15			**MH 18.00 Frankf.**			**MH 20.30 Troisd.**					10.20-11.15	SA	25
26	SO		**MA 12.30 Dinsl.**						**MA 18.30 Hamm**	**MH 20.00 Moers**				SO	26
27	MO									19.20-20.05	22.30-23.30			MO	27
28	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	28
29	MI				19.45-20.30 Powerskating (U12 - U19)									MI	29
30	DO		15.00-16.00 16.15-17.00 Off-Ice	15.00-16.00 16.15-17.00 Off-Ice	16.15-17.00 17.15-18.30 Off-Ice	17.00-17.45 18.00-19.00 Off-Ice		19.45-20.45	21.00-22.00	22.15-23.15				DO	30
		Laufschule	**U8**	**U10-Bambini**	**U12-Kleinschüler**	**U14-Knaben**	**U16-Schüler**	**U19-Jugend**	**1. Mannschaft**	**1B**	**1C**	**Albatrosse**	**TW**		