NEV-Trainingsplan November 2018

Stand: 25.10.2018

		Laufschule	U9-Kleinstschüler	U11-Kleinschüler	U13-Knaben	U15-Schüler	U17-Jugend	U20-Junioren	1. Mannschaft	1B Mannschaft	1C Mannschaft	Albatrosse	TW		
1	DO		15.00-16.00 16.15-17.00 Off-Ice	15.30-16.30 16.45-17.45 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	19.45-20.45 18.30-19.15 Off-Ice		21.00-22.00	22.15-23.15				DO	1
2	FR						**20.00 MH Iserl.**	18.15-19.15 19.30-20.30 Off-Ice	**20.30 MA Diez-L.**					FR	2
3	SA	10.20-11.15			**18.00 MH Wiehl**			**20.30 MH Rat.**					10.20-11.15	SA	3
4	SO		**14.30 MA Köln**			**19.45 MA Rat.**			**18.00 MA Laut.**	**20.00 MH Aach.**				SO	4
5	MO							19.20-20.05		19.20-20.05	22.30-23.30			MO	5
6	DI	15.00-16.00	15.00-16.00	15.30-16.30	16.45-17.45 18.00-19.00 Off-Ice	17.15-18.15 18.30-19.30 Off-Ice	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.30-19.15 Off-Ice	19.45-20.30 Off-Ice 21.00-22.00			22.15-23.15		DI	6
7	MI				19.45-20.30									MI	7
8	DO		15.00-16.00 16.15-17.00 Off-Ice	15.30-16.30 16.45-17.45 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45 18.30-19.15 Off-Ice	21.00-22.00	22.15-23.15				DO	8
9	FR						18.15-19.15 19.30-20.30 Off-Ice	**20.00 MH Dortm.**	**20.00 MA Frankf.**					FR	9
10	SA		**09.15 MA B-Land**		**07.30 MA Königs. (in Bergkamen)**	**18.00 MH Duisb.**	**20.30 MH Wiehl**							SA	10
11	SO								**18.00 MA Rat.**	**20.00 MH Wiehl**				SO	11
12	MO							19.20-20.05		19.20-20.05	22.30-23.30			MO	12
13	DI	15.00-16.00	15.00-16.00	15.30-16.30	16.45-17.45 18.00-19.00 Off-Ice	17.15-18.15 18.30-19.30 Off-Ice	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.30-19.15 Off-Ice	19.45-20.30 Off-Ice 21.00-22.00			22.15-23.15		DI	13
14	MI				19.45-20.30 Powerskating (U13 - U20)									MI	14
15	DO		15.00-16.00 16.15-17.00 Off-Ice	15.30-16.30 16.45-17.45 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45 18.30-19.15 Off-Ice	21.00-22.00	22.15-23.15				DO	15
16	FR						18.15-19.15		**20.00 MH Neuw.**					FR	16
17	SA	10.20-11.15	**18.00 MH**		**09.30 MA B-Land**		**18.00 MA Rat.**					20.30-22.30	10.20-11.15	SA	17
18	SO			**07.30 MA Grefr.**				**20.00 MH B-Land**	**18.30 MA Hamm**					SO	18
19	MO							19.20-20.05		19.20-20.05	22.30-23.30			MO	19
20	DI	15.00-16.00	15.00-16.00	15.30-16.30	16.45-17.45 18.00-19.00 Off-Ice	17.15-18.15 18.30-19.30 Off-Ice	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.30-19.15 Off-Ice	19.45-20.30 Off-Ice 21.00-22.00			22.15-23.15		DI	20
21	MI					19.45-20.30								MI	21
22	DO		15.00-16.00 16.15-17.00 Off-Ice	15.30-16.30 16.45-17.45 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45 18.30-19.15 Off-Ice	21.00-22.00	22.15-23.15				DO	22
23	FR						18.15-19.15 19.30-20.30 Off-Ice		**20.00 MA Dinsl.**	**20.00 MH Troisd.**				FR	23
24	SA			**MH 18.00**	20.30-21.30							21.45-22.45		SA	24
25	SO						**17.30 MA Essen**		**20.00 MH Herf.**					SO	25
26	MO							19.20-20.05		19.20-20.05	22.30-23.30			MO	26
27	DI	15.00-16.00	15.00-16.00	15.30-16.30	16.45-17.45 18.00-19.00 Off-Ice	17.15-18.15 18.30-19.30 Off-Ice	18.30-19.30 19.45-20.45 Off-Ice	19.45-20.45 18.30-19.15 Off-Ice	19.45-20.30 Off-Ice 21.00-22.00			22.15-23.15		DI	27
28	MI				19.45-20.30 Schusstraining (U13 - U20)									MI	28
29	DO		15.00-16.00 16.15-17.00 Off-Ice	15.30-16.30 16.45-17.45 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice	16.45-17.45 18.00-19.00 Off-Ice		19.45-20.45 18.30-19.15 Off-Ice	21.00-22.00	22.15-23.15				DO	29
30	FR						18.15-19.15		**20.00 MH Soest**	**20.00 MA Dinsl.**				FR	30
		Laufschule	**U9-Kleinstschüler**	**U11-Kleinschüler**	**U13-Knaben**	**U15-Schüler**	**U17-Jugend**	**U20-Junioren**	**1. Mannschaft**	**1B Mannschaft**	**1C Mannschaft**	**Albatrosse**	**TW**		