


# KW47 20.11. - 26.11.2023 Trainingsplan Nachwuchs HERNER EV

| Datum   | Tag               | Mannschaft    | ICE           | OFF ICE / Spiel | Gegner  | Kabine |
|---|-------------------|---------------|---------------|-----------------|---------|--------|
| <b>20</b>   | <b>Montag</b>     |               |               |                 |         |        |
|  | U7 + Lauschule    | 15:15 - 16:15 | x             |                 | C + R   |        |
|   | U11               | 16:30 - 17:30 | x             |                 | A       |        |
|   | U13 + U15         | 17:45 - 18:45 | 17:00 - 17:30 |                 | 5 + 4   |        |
|   | U17 + U20         | 19:00 - 20:00 | x             |                 | 3 + 2   |        |
|   | Hobby             | 20:15 - 21:15 | x             |                 | A       |        |
| <b>21</b>   | <b>Dienstag</b>   |               |               |                 |         |        |
|   | U9                | 15:00 - 16:00 | x             |                 | C       |        |
|   | U13 + U15         | 16:15 - 17:15 | 17:30 - 18:15 |                 | 5 + 4   |        |
|   | 1. Mannschaft     | 17:30 - 18:45 | x             |                 |         |        |
|   | U17               | 19:00 - 20:00 | 18:00 - 18:45 |                 | 3       |        |
|   | U20 + 1B          | 20:15 - 21:15 | x             |                 | 2 + 1   |        |
| <b>22</b>   | <b>Mittwoch</b>   |               |               |                 |         |        |
|   | U7 + U9/U11       | 15:00 - 16:00 | x             |                 | R + C/A |        |
|   | U13 + U15         | 16:15 - 17:15 | x             |                 | 5 + 4   |        |
|   | U9/U11 Kids Cup   | 17:30 - 18:45 | Turnier       |                 |         |        |
|   | Hobby             | 19:00 - 20:15 | x             |                 | A       |        |
| <b>23</b>   | <b>Donnerstag</b> |               |               |                 |         |        |
|   | U9                | 15:00 - 16:00 | x             |                 | C       |        |
|   | U11               | 16:15 - 17:15 | x             |                 | A       |        |
|   | 1. Mannschaft     | 17:30 - 18:45 | x             |                 |         |        |
|   | U17 + U20         | 19:00 - 20:00 | 18:00 - 18:45 |                 | 3 + 2   |        |
|   | 1B                | 20:15 - 21:15 | x             |                 | 1       |        |
| <b>24</b>   | <b>Freitag</b>    |               |               |                 |         |        |
|   | U15 + U13 Endjahr | 18:15 - 19:15 | x             |                 | 5 + 4   |        |
|   | 1B                | 20:00 Spiel   | Heim          | Rheine          |         |        |
|   | 1. Mannschaft     | 20:00 Spiel   | Auswärts      | Hann. Scorps    |         |        |
| <b>25</b>   | <b>Samstag</b>    |               |               |                 |         |        |
|   | 1. Mannschaft     | 11:00 - 12:00 | x             |                 |         |        |
|   | Lauschule         | 12:15 - 13:15 | x             |                 | R       |        |
|   | U7                | 9:15 Turnier  | Auswärts      | Duisburg        |         |        |
|   | U13               | 8:00 Spiel    | Heim          | Herford         |         |        |
| <b>26</b>   | <b>Sonntag</b>    |               |               |                 |         |        |
|   | U11 A             | 8:30 Turnier  | Heim          | Gysenberg       |         |        |
|   | 1. Mannschaft     | 18:30 Spiel   | Heim          | Rostock         |         |        |