


# KW49 4.12. - 10.12.2023 Trainingsplan Nachwuchs HERNER EV

| Datum                                                                             | Tag               | Mannschaft    | ICE           | OFF ICE / Spiel | Gegner | Kabine |
|-----------------------------------------------------------------------------------|-------------------|---------------|---------------|-----------------|--------|--------|
| <b>4</b>                                                                          | <b>Montag</b>     |               |               |                 |        |        |
|  | U7 + Laufschiule  | 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>5</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  |        |
|                                                                                   | U9/U11 Kids Cup   | 18:15 - 19:15 | Auswärts      | Iserlohn        |        |        |
| <b>6</b>                                                                          | <b>Mittwoch</b>   |               |               |                 |        |        |
|                                                                                   | U7 + U9           | 15:00 - 16:00 | x             |                 | R + C  |        |
|                                                                                   | U11               | 16:15 - 17:15 | x             |                 | A      |        |
|                                                                                   | U13 + U15         | 17:30 - 18:45 | 16:30 - 17:15 |                 | 5 + 4  |        |
|                                                                                   | Hobby             | 19:00 - 20:15 | x             |                 | A      |        |
| <b>7</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>8</b>                                                                          | <b>Freitag</b>    |               |               |                 |        |        |
|                                                                                   | U15 + U13 Endjahr | 18:15 - 19:00 | x             |                 | 5 + 4  |        |
|                                                                                   | 1B                | 19:30 Spiel   | Heim          | Dinslaken       |        |        |
|                                                                                   | 1. Mannschaft     | 20:00 Spiel   | Auswärts      | Essen           |        |        |
| <b>9</b>                                                                          | <b>Samstag</b>    |               |               |                 |        |        |
|                                                                                   | U7 + TW Training  | 9:30 - 10:45  | x             |                 |        |        |
|                                                                                   | 1. Mannschaft     | 11:00 - 12:00 | x             |                 |        |        |
|                                                                                   | Laufschiule       | 12:15 - 13:15 | x             |                 |        |        |
|                                                                                   | U13               | 7:30 Spiel    | Auswärts      | Brackwede       |        |        |
| <b>10</b>                                                                         | <b>Sonntag</b>    |               |               |                 |        |        |
|                                                                                   | U9                | 8:00 Turnier  | Auswärts      | Berg. G'bach    |        |        |
|                                                                                   | U15               | 9:15 Spiel    | Heim          | Dortmund        |        |        |
|                                                                                   | 1. Mannschaft     | 18:30 Spiel   | Heim          | Hann. Indians   |        |        |