


KW50 11.12. - 17.12.2023 Trainingsplan Nachwuchs HERNER EV

| Datum | Tag | Mannschaft | ICE | OFF ICE / Spiel | Gegner | Kabine |
|---|-------------------|----------------------|---------------|-----------------|-----------|--------|
| 11 | Montag | | | | | |
|  | | 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 |
| 12 | Dienstag | | | | | |
| | | 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 |
| 13 | Mittwoch | | | | | |
| | | U9 Eltern/Kind-Spiel | 15:00 - 16:00 | x | | R + C |
| | | U7 + U11 | 16:15 - 17:15 | x | | A + R |
| | | U13 + U15 | 17:30 - 18:45 | 16:30 - 17:15 | | 5 + 4 |
| | | Hobby | 19:00 - 20:15 | x | | A |
| 14 | Donnerstag | | | | | |
| | | 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 |
| 15 | Freitag | | | | | |
| | | U15 + U13 Endjahr | 14:45 - 15:45 | x | | 5 + 4 |
| | | 1. Mannschaft | 20:00 Spiel | Auswärts | Hamm | |
| 16 | Samstag | | | | | |
| | | 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 | Bielefeld | |
| 17 | Sonntag | | | | | |
| | | U7 | 8:30 Turnier | Heim | Gysenberg | |
| | | 1. Mannschaft | 18:30 Spiel | Heim | Halle | |