

Herner Young Miners Trainingsplan November 2024 Stand: 24.10.24

	Datum	Laufschule 2 x 90 min	U 7 On Ice 2 x 60 min	U 9 On Ice 180 min	U 11 On Ice 180 min	U 13 On Ice 4 Std. Off Ice 90min	U 15 On Ice 4,5 Std Off Ice 120 min	U 17 On Ice 5 Std Off Ice 150 min	U 20 On Ice 6 Std Off Ice 180 min	1B	Torwarttraining für alle Altersklassen	1. Mannschaft	Hobby
44	Fr 1					17:00 - 18:30	20:30 Neusser EV		20:00 ESV Bergisch Gladbach			20:00 KSW Icefighters Leipzig	
	Sa 2	12:15 - 13:15	13:45 T8 Düsseldorf	12:15 T4 Dinslaken	Regio 16:30 T2 Köln	10:30 EV Duisburg	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training		8:30 - 9:30	11:00 - 12:00	22:00 - 23:00
	So 3							9:30 ERV Dinslaken		19:00 Eisadler Dortmund 1B		18:30 Hannover Indians	
45	Mo 4		15:00 - 16:00	15:00 - 16:00	16:00 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00				20:15 - 21:15
	Di 5			15:00 - 16:00	16:00 - 17:00	17:15 - 18:30			18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00	
	Mi 6	15:15 - 16:30	15:15 - 16:30			16:45 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00				13:30 - 14:45	20:15 - 21:15
46	Do 7			15:00 - 16:00	16:00 - 17:00		17:15 - 18:45	19:00 - 20:00	20:15 - 21:15	20:15 - 21:15		11:45 - 13:00	
	Fr 8					14:00 - 15:30 Skill Training	14:00 - 15:30 Skill Training	19:30 ESV Bergkamen					
	Sa 9	12:15 - 13:15	8:30 - 9:30		LL T1 11:15 Soester EG	10:00 Darmstadt					8:30 - 9:30		22:00 - 23:00
47	So 10					9:30 Troisdorf 1B		17:30 Tus Wiehl	18:00 EHC Troisdorf				
	Mo 11		15:00 - 16:00	15:00 - 16:00	16:00 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00			11:45 - 13:15	20:15 - 21:15
	Di 12			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00	18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
48	Mi 13	15:15 - 16:30	15:15 - 16:30			16:45 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00				13:30 - 14:45	20:15 - 21:15
	Do 14			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00		20:15 - 21:15	20:15 - 21:15		17:15 - 18:30	
	Fr 15				14:00 - 15:30 Skill Training	14:00 - 15:30 Skill Training	14:00 - 15:30 Skill Training		19:30 Ratinger Ice Aliens			20:00 Saale Halle Bulls	
49	Sa 16	12:15 - 13:15	8:30 - 9:30	10:30 T5 EV Duisburg	LL T2 7:30 Bielefeld	9:45 - 10:45	9:30 Bergisch Land				8:30 - 9:30	11:00 - 12:00	
	So 17							9:30 Greifrather EG	18:45 SPG Soest-Dortmund	17:30 ERV Dinslaken 1B		19:00 Hannover Scorpions	
	Mo 18		15:00 - 16:00	15:00 - 16:00	16:00 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00				20:15 - 21:15
50	Di 19			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00	18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
	Mi 20	15:15 - 16:30	15:15 - 16:30			16:45 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00				11:45 - 13:00	20:15 - 21:15
	Do 21			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00		20:15 - 21:15	20:15 - 21:15		17:15 - 18:30	
51	Fr 22					18:15 - 19:15	14:00 - 15:30 Skill Training	14:00 - 15:30 Skill Training	14:00 - 15:30 Skill Training	20:00 Neusser EV 1B		19:30 Füchse Duisburg	
	Sa 23	12:15 - 13:15 Kids Day	8:30 - 9:30	9:45 - 10:45	9:45 - 10:45		10:30 Lippe Hockey Hamm				8:30 - 9:30	11:00 - 12:00	22:00 - 23:00
	So 24				Regio T12 9:15 Horne		7:30 SPG Brackwede - Lippstadt					18:30 TecArt Black Dragons Erfurt	
52	Mo 25		15:00 - 16:00	15:00 - 16:00	16:00 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00				20:15 - 21:15
	Di 26			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00	18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
	Mi 27	15:15 - 16:30	15:15 - 16:30			16:45 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00				11:45 - 13:00	20:15 - 21:15
53	Do 28			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00		20:15 - 21:15	20:15 - 21:15		17:15 - 18:30	
	Fr 29				Pausen Game Oberliga	14:00 - 15:30						20:00 Rostock Piranhas	
	Sa 30	12:15 - 13:15	8:30 - 9:30	9:45 - 10:45	9:45 - 10:45	18:00 Neusser EV		10:30 ESV Bergkamen			8:30 - 9:30	11:00 - 12:00	22:00 - 23:00