



Herner Young Miners Trainingsplan Januar 2025 Stand: 27.12.24



	Datum	Laufschule 2 x 60 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
1	Mo 1											17:15 - 18:30	
	Do 2	Camp	Camp	Camp	Camp	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	20:15 - 21:15	20:15 - 21:15		10:45 - 12:00	
	Fr 3	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp			20:00 ESC Moskitos Essen	
	Sa 4	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp			10:45 - 12:00	
	So 5							9:30 GSC Moers	20:00 SPG Soest Dortmund in Dortmund			18:30 Hammer Eisbären	18:45 Spiel Hobby
2	Mo 6		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 7			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 8	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 - 13:15	20:15 - 21:15
	Do 9			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 10					18:15 - 19:15				20:00 Soester EG		20:00 Saale Bulls Halle	
	Sa 11	12:15 - 13:15	8:30 - 9:30	17:50 Ratingen		9:45 - 10:45	9:45 - 10:45	20:30 Grefrather EG			8:30 - 9:30	11:00 - 12:00	
	So 12		9:15 Herner EV									18:30 Herfoder EV	
3	Mo 13		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 14			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 - 13:15	
	Mi 15	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 - 13:15	20:15 - 21:15
	Do 16			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 17				Pausen Game Oberliga	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30				20:00 Hannover Scorpions	
	Sa 18	Kids Day 12:15 - 13:15	8:30 - 9:30			9:45 - 10:45					8:30 - 9:30	11:00 - 12:00	
	So 19					9:30 ERV Dinstaken			17:45 Bergisch Land	18:30 Lippe Hockey Hamm		18:00 KSW Icefighters Leipzig	
4	Mo 20		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 21			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 22	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 - 13:15	20:15 - 21:15
	Do 23			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 24		Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	19:00 Ratinger Ice Aliens	18:15 - 19:15	18:15 - 19:15	20:00 Lippe hockey Hamm			20:00 ESC Moskitos Essen	
	Sa 25	12:15 - 13:15	8:30 - 9:30		LL 7:30 Bielefeld	9:45 - 10:45		10:30 ESV Bergkamen			8:30 - 9:30	11:00 - 12:00	
	So 26						9:30 Herfoder EV			19:00 Eissportclub Rheine		18:30 TecArt Black Dragons Erfurt	
5	Mo 27		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		19:30 ERV Dinstaken Kobras				
	Di 28			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 29	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 - 13:15	20:15 - 21:15
	Do 30			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 31					18:15 - 19:15	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	20:00 ESV Bergkamen			20:00 Hannover Indians	