Herner Young Miners Trainingsplan Februar 2025 Stand: 29.01.25

	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
5	Sa	1	12:15 - 13:15			LL 11:15 Soest	8:30 EV Duisburg		12:30 ERV Dinslaken				11:00 - 12:00	
	So	2				Regio 14:45 Köln	9:30 EHC Gelsenkirchen						18:30 Saale Bulls Halle	
6	Mo	3		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	4			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	5	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	6			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	7		Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30					20:15 ERV Dinslaken Kobras 1b		20:00 Herfoder EV	
	Sa	8	12:15 - 13:15	8:30 - 9:30			9:45 - 10:45	8:00 Herforder EV			20:30 Neusser EV 1b	8:30 - 9:30	11:00 - 12:00	
	So	9				LL 9:15 Herner EV							18:30 Tillburg Trappers	
7	Mo	10		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	11			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	12	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	13			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	14					18:15 - 19:15	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30		Eventuell Play Offs 20:00		19:30 Füchse Duisburg	
	Sa	15	12:15 -13:15	8:30 - 9:30			11:15 Darmstadt	9:45 - 10:45	9:45 - 10:45			8:30 - 9:30	11:00 - 12:00	
	So	16				Regio 9:15 Herner EV				19:00 Neuwied			18:30 Rostock Piranhas	
8	Mo	17		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	18			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	19	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	20			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	21		Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	Girls Practice 18:15 - 19:15	Girls Practice 18:15 - 19:15	Girls Practice 18:15 - 19:15	20:15 ERV Dinslaken	Eventuell Play Offs 20:00		20:00 Hammer Eisbären	
	Sa	22	Kids Day 12:15 -13:15	8:30 - 9:30	10:30 Duisburg		9:45 - 10:45		17:45 GSC Moers			8:30 - 9:30	11:00 - 12:00	
	So	23					9:30 Herforder EV				Eventuell Play Offs 18:30			
9	Mo	24		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	25			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	26	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	27			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	28					18:15 - 19:15	Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30	20:00 Lippe Hockey Hamm	Eventuell Play Offs 20:00			