


KW4 24.1 - 30.1 2022 Trainingsplan Nachwuchs **HERNER EV**

| Datum | Tag | Mannschaft | ICE | OFF ICE | ORT | Kab |
|---|-------------------|---------------|---------------|------------|-----|-----|
| 24 | Montag | | | | | |
|  | Laufschule + U7 | 15:00 - 16:00 | x | | R+A | |
| | U13 + U11A | 16:00 - 17:00 | x | | 5+C | |
| | U15 | 17:15 - 18:15 | 18:30 - 19:30 | | 4 | |
| | U17 | 18:30 - 19:45 | x | | 3 | |
| | Hobby | 20:00 - 21:15 | x | | A | |
| 25 | Dienstag | | | | | |
| | U9 | 15:15 - 16:15 | x | | A | |
| | U13 + U11B | 16:15 - 17:15 | x | | 5+C | |
| | U15 | 17:30 - 18:45 | x | | 4 | |
| | 1B+U20 | 19:00 - 20:15 | x | | 1+2 | |
| 26 | Mittwoch | | | | | |
| | U7 + U9 | 15:00 - 16:00 | | | A+C | |
| | U11 | 16:15 - 17:15 | x | | 5 | |
| | U15 + U17 | 17:30 - 18:45 | 19:00 - 20:00 | | 3+2 | |
| | 1B+U20 | 19:00 - 20:15 | x | | 1 | |
| | Hobby | 20:30 - 21:30 | x | | A | |
| 27 | Donnerstag | | | | | |
| | U11 | 15:00 - 16:00 | x | | 5 | |
| | U13 + Tormänner | 16:15 - 17:15 | x | | 4+A | |
| | 1.Mannschaft | 17:30 - 18:45 | | | | |
| | U15 + U17 | 19:00 - 20:00 | 17:30 - 18:30 | | 2+3 | |
| | 1B + U20 | 20:15 - 21:15 | x | | 1 | |
| 28 | Freitag | | | | | |
| | Skills | 14:45 - 15:45 | x | | C | |
| | U20 | 20:00 Spiel | Ausw | Dortmund | | |
| | 1.Mannschaft | 20:00 Spiel | Hann.Scorp | Gysenberg | | |
| 29 | Samstag | | | | | |
| | U15B | 8:00 Spiel | Rattingen | Gysenberg | C | |
| | Laufschule | 12:30 - 13:30 | | | R | |
| | U17 | 12:15 Spiel | Ausw | B.Gladbach | | |
| 30 | Sonntag | | | | | |
| | U11A | 12:15 Spiel | Ausw | Dinslaken | | |
| | U15A | 9:00 Spiel | Krefeld | Gysenberg | | |
| | 1B | 17:30 spiel | Bergkamen | Gysenberg | | |
| | 1.Mannschaft | 19:00 Spiel | Gysenberg | Hann.Scorp | | |