Herner Young Miners Trainingsplan Mai 2024 Stand: 16.05.24

	Datum		U 7 Off Ice 2 x 75 min	U 9 Off Ice 2 x 75 min	U 11 Off Ice 2 x 75 min	U 13 Off Ice 4 Std	U 15 Off Ice 5 Std	U 17 Off Ice 6 Std	U 20 Off Ice 7 Std	1B	Torwarttraining für alle Altersklassen
20	Mo	13	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30 Schnelligkeit & Ausdauer	18:30 - 20:30	18:30 - 20:30		
	Di	14			16:00 - 17:30					18:00 - 19:30	
	Mi	15	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00 Koordination	18:30 - 20:30	18:30 - 20:30		
	Do	16			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00 Kraft	18:30 - 20:30	18:30 - 20:30	18:00 - 19:30	
	Fr	17									
	Sa	18									
	So	19									
21	Mo	20	16:00 - 17:15	16:00 - 17:15							
	Di	21			16:00 - 17:30	17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30	
	Mi	22	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00 Koordination	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do	23			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00 Kraft	18:30 - 20:30	18:30 - 20:30	18:00 - 19:30	17:30 - 18:30
	Fr	24									
	Sa	25	Teamevent Irrland Kevelaer								
	So	26									
22	Mo	27	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30 Schnelligkeit & Ausdauer	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Di	28			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00 Koordination	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Mi	29	16:00 - 17:15	16:00 - 17:15	16:00 - 17:30	17:30 - 19:00	17:30 - 19:00 Kraft	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do	30									
	Fr	31									

Die Laufschüler werden zum Off Ice Training ihrer Altersklasse eingeladen und können dann dort Teilnehmen !!! Wir würden uns über zahlreiche Teilnehmer freuen .