



Herner Young Miners Trainingsplan Juli 2024 Stand: 26.06.24



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
27	Mo 1	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30		
	Di 2			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00			18:30 - 20:30	
	Mi 3	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do 4			16:00 - 17:30			18:30 - 20:30	18:30 - 20:30	18:30 - 20:00	17:30 - 18:30
28	Fr 5									
	Sa 6									
	So 7									
	Mo 8	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30		
	Di 9			16:00 - 17:30					18:30 - 20:30	
	Mi 10	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do 11			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:00	17:30 - 18:30
29	Fr 12									
	Sa 13									
	So 14									
	Mo 15	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30		
	Di 16			16:00 - 17:30					18:30 - 20:30	
	Mi 17	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do 18			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:00	17:30 - 18:30
30	Fr 19									
	Sa 20									
	So 21									
	Mo 22	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30		
	Di 23			16:00 - 17:30					18:30 - 20:30	
	Mi 24	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30	
	Do 25			16:00 - 17:30	17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:00	17:30 - 18:30
31	Fr 26									
	Sa 27									
	So 28									
	Mo 29	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 18:15 Stickhandling 18:15 - 19:30	18:30 - 20:30	18:30 - 20:30		
Di 30			16:00 - 17:30					18:30 - 20:30		
Mi 31	16:00 - 17:15	16:00 - 17:15		17:30 - 19:00	17:30 - 19:00	18:30 - 20:30	18:30 - 20:30	18:30 - 20:30		