

Herner Young Miners Trainingsplan Oktober 2024 Stand: 26.09.24

	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
40	Di 1			15:00 - 16:00	16:00 - 17:00				18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
	Mi 2	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 - 13:00	20:15 - 21:15
	Do 3							18:30 - 20:00	18:30 - 20:00	20:15 - 21:15		17:00 - 18:15	
	Fr 4					15:45 - 17:15	17:30 - 19:00			20:00 Eisadler Dortmund 1B		20:00 Hannover Indians	
	Sa 5	12:15 - 13:15	8:30 - 9:30	9:45 - 10:45	9:45 - 10:45					17:30 Tuc Wishl Achtung Heimspiel in Wishl	8:30 - 9:30	11:00 - 12:00	22:00 - 23:00
	So 6		10:30 T6 Moskitos Essen		LL T3 Herne 9:15								18:30 ESC Wohnbau Moskitos Essen
41	Mo 7		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 8		15:00 - 16:00	15:00 - 16:00	16:00 - 17:00				18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
	Mi 9	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 - 13:00	20:15 - 21:15
	Do 10			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00	18:45 - 20:00	20:15 - 21:15		17:15 - 18:30	
	Fr 11		Pausen Game Senioren Spiel	Pausen Game Senioren Spiel		15:00 - 16:15	16:30 - 18:00					20:00 KSW Icefighters Leipzig	
	Sa 12	12:15 - 13:15	8:30 - 9:30		Regio T10 Troisdorf 10:00		9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training		8:30 - 9:30	11:00 - 12:00	22:00 - 23:00
42	So 13		Herner EV 9:15			17:30 Ratinger Ice Aliens						16:00 TecArt Black Dragons Erfurt	
	Mo 14		15:15 - 16:15	15:15 - 16:15	16:15 - 17:15	17:30 - 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 15			15:00 - 16:00	16:00 - 17:00		18:45 - 20:00		20:15 - 21:15	20:15 - 21:15		17:15 - 18:30	
	Mi 16	15:30 - 16:45	15:30 - 16:45			Off Ice 17:15 - 18:15 18:30 - 20:00						17:00 - 18:15	20:15 - 21:15
	Do 17			15:00 - 16:00	16:00 - 17:00		Off Ice 17:15 - 18:15 18:45 - 20:00	Off Ice 17:15 - 18:15 18:45 - 20:00	20:15 - 21:15	20:15 - 21:15		17:15 - 18:30	
	Fr 18					15:30 - 16:45	17:00 - 18:00					20:00 Füchse Duisburg	
43	Sa 19	12:15 - 13:15	8:30 - 9:30	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training				8:30 - 9:30	11:00 - 12:00	22:00 - 23:00	
	So 20								17:30 Lippe Hockey Hamm 1B		18:30 Herforder EV	09:15 Spiel	
	Mo 21		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 22			15:00 - 16:00	16:00 - 17:00				18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		10:15 - 11:30 17:15 - 18:30	
	Mi 23	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				10:15 - 11:30	20:15 - 21:15
	Do 24			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00	18:45 - 20:00	20:15 - 21:15		17:15 - 18:30	
44	Fr 25					15:45 - 17:15	17:30 - 19:00			20:00 Rheine e.V.		20:00 Rostock Piranhas	
	Sa 26	12:15 - 13:15 Kids Day	8:30 - 9:30				12:30 ERV Dinslaken	9:45 - 10:45 Skill Training	9:45 - 10:45 Skill Training		8:30 - 9:30	11:00 - 12:00	22:00 - 23:00
	So 27					9:30 TSVE Bielefeld	17:30 TSVE Bielefeld					18:30 Tilburg Trappers	
	Mo 28		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 29			15:00 - 16:00	16:00 - 17:00				18:45 - 20:00 Off Ice 19:00 - 20:00	20:15 - 21:15		11:45 - 13:00 17:15 - 18:30	
	Mi 30	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 - 13:00	20:15 - 21:15
Do 31			16:30 - 17:30	17:30 - 18:30			18:45 - 20:00	20:15 - 21:15	20:15 - 21:15		15:00 - 16:15		