Herner Young Miners Trainingsplan August 2025 Stand: 28.08.25

	Datum		Laufschule On Ice 2x 60min	U 7 On Ice 2 x 60 min	U 9 On Ice 3 x 60 min	U 11 On Ice 3 x 60 min	U 13 On Ice 4 Std. Off Ice 90	U 15 On Ice 4,5 Std. Off	U 17 On Ice 5 Std Off Ice 2,5 Std	U 20 On Ice 6 Std Off Ice 3 Std	Damen	1B	Torwarttraining für alle Altersklassen	Oberliga	Hobby
36	Mo	1		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00			20:25 - 21:20 in Dinslaken				
	Di	2			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	
	Mi	3	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 17:00 - 18:15 18:30 - 20:00				17:15 - 18:15	11:45 - 13:15	
	Do	4			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr	5					15:00 - 16:30	FS 20:15 Troisdorf	18:30 - 19:45		20:00 - 21:15 in Herne			20:00 Hammer Eisbären	
	Sa	6	12:15 - 13:15	9:00 - 10:15	FS 10:00 Herford	FS 13:30 - 14:45 Tus Wiehl		10:30 - 12:00					9:00 - 10:15		
	So	7							FS 9:30 Troisdorf			17:00 Eisadler Dortmund			8:00 - 9:00
37	Mo	8		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:15 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di	9			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	
	Mi	10	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 17:00 - 18:15 18:30 - 20:00		20:15 - 21:15 in Herne		17:15 - 18:15	11:45 - 13:15	
	Do	11			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr	12					15:00 - 16:15	16:30 - 18:00						20:00 Snackpoint Eaters Limburg	
	Sa	13	12:15 - 13:15	Trainingsspiel 13:30 - 14:45 Ratingen	Trainingsspiel 13:30 - 14:45 Ratingen	8:30 - 9:30	9:45 - 10:45						8:30 - 9:30	11:00 - 12:00	
	So	14							FS 9:30 Eisadler Dortmund		FS 16:45 Soester EG in Herne			20:00 Snackpoint Eaters Limburg	8:00 - 9:00
38	Mo	15		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:30 Off Ice 18:45 - 19:45	Off Ice 17:30 - 18:30 18:45 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di	16			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	
	Mi	17	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 17:00 - 18:15 18:30 - 20:00		20:15 - 21:15 in Herne		17:15 - 18:15	11:45 - 13:15	
	Do	18			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr	19					15:00 - 16:15	16:30 - 18:00						20:00 Hannover Scorpions	
	Sa	20	12:15 - 13:15	Trainingsspiel 11:00 Ratingen	Trainingsspiel 11:00 Ratingen	Trainingsspiel 13:30 - 14:45 Neuss	16:00 Herforder EV	9:45 - 10:45	8:30 - 9:30				8:30 - 9:30	11:00 - 12:00	
	So	21			9:30 Herne Gruppe Grün		16:30 Düsseldorfer EG	11:30 Herforder EV						19:00 Hannover Indians	8:00 - 9:00
39	Mo	22		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:30 Off Ice 18:45 - 19:45	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di	23			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	
	Mi	24	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 17:00 - 18:15 18:30 - 20:00		20:15 - 21:15 in Herne		17:15 - 18:15	11:45 - 13:15	
	Do	25			15:00 - 16:00	16:00 - 17:00			18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr	26		16:15 - 17:15	16:15 - 17:15		19:30 Krefelder EV	17:30 - 19:00						20:00 Icefighters Leipzig	
	Sa	27	12:15 - 13:15 KidsDay	Trainingsspiel 13:30 - 14:45 Neuss	Trainingsspiel 13:30 - 14:45 Neuss	8:30 - 9:30	9:30 - 10:45	9:30 Bergisch Land					8:30 - 9:30		
	So	28			9:30 Herne Gruppe Blau				FS 19:00 Eisadler Dortmund					18:30 Hammer Eisbären	8:00 - 9:00
40	Mo	29		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:15 Off Ice 18:45 - 19:45	Off Ice 17:30 - 18:30 18:30 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di	30			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		17:15 - 18:30	