



Herner Young Miners Trainingsplan Dezember 2025 Stand: 01.12.25



	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 min	U 15 On Ice 4,5 Std. Off Ice 120 min	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
49	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	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken			11:45 - 12:45	
	Di	2			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:15	17:30 - 18:30		Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		19:00 Saale Halle Bulls	
	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		20:15 - 21:15 in Herne		17:15 - 18:15	11:45 - 13:00	
	Do	4			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00	18:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 Spiel
	Fr	5			Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30	18:15 - 19:15	19:45 SPG Bergkamen/ Gelsenkirchen						Pre Game Skate 11:45 - 12:15 19:30 Füchse Duisburg	
	Sa	6	12:15 - 13:15	8:30 - 9:30	Blau 13:30 Eisadler Dortmund	13:30 - 14:45 Trainingsspiel Herford		9:30 - 10:30	10:45 - 12:00		13:30 Düsseldorfer EG		8:30 - 9:30		
	So	7				9:30 Herne	17:30 Kölner Hale 1B		16:30 EHC Troisdorf						8:00 - 9:00
50	Mo	8		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:30 - 18:30 19:00 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di	9	17:30 Vereins Weihnachtsfeier	17:30 Vereins Weihnachtsfeier	16:00 - 17:15	16:00 - 17:15	17:30 Vereins Weihnachtsfeier	17:30 Vereins Weihnachtsfeier	17:30 Vereins Weihnachtsfeier	17:30 Vereins Weihnachtsfeier	17:30 Vereins Weihnachtsfeier	20:15 - 21:15		14:15 - 15:45 Weihnachtsfeier Verein 17:30	17:30 Vereins Weihnachtsfeier
	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 - 13:00	
	Do	11			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00	Off Ice 17:00 - 18:15 18:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr	12				Skill Training 14:00 - 15:30 Pausen Game	Skill Training 14:00 - 15:30	19:30 EV Duisburg						20:00 Herforder EV	
	Sa	13	Kids Day 12:15 - 13:15	13:30 - 14:45 Trainingsspiel Herford	Grün 7:45 Brackwede	13:30 - 14:45 Trainingsspiel	8:30 - 9:30	9:45 - 10:45	9:30 Bergisch Land				8:30 - 9:30	11:00 - 12:00	
	So	14		9:00 Bergkamen			9:30 EHC Troisdorf					16:45 ERV Dinslaken Kobras 1B		19:00 Rostock Piranhas	8:00 - 9:00
51	Mo	15		15:00 - 16:00	16:15 - 17:45	16:15 - 17:45	Off Ice 16:45 - 17:45 18:00 - 19:30	Off Ice 18:30 - 19:30 19:45 - 21:15			20:25 - 21:20 in Dinslaken				
	Di	16			17:15 - 18:30 Off Ice 16:15 - 16:45	17:15 - 18:30			Off Ice 17:15 - 18:30 18:45 - 20:00			20:15 - 21:15		15:45 - 17:00 Weihnachtsfeier 18:00 Cranger Weihnachtszauber	
	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 - 13:00	
	Do	18			15:00 - 16:00	16:00 - 17:00		18:30 - 20:00	18:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30

52	Fr	19						Skill Training 14:30 - 15:30 18:15 - 19:15	Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30			20:00 EC Bergisch Land		20:00 Hannover Indians	
	Sa	20	10:00 - 11:00	8:30 - 9:45						8:00 Herforder EV		12:30 Berlin in Herne		8:30 - 9:45	11:15 - 12:00	
	So	21					9:00 Iserlohner EC 1B		09:30 EHC Bergisch Land						18:30 TecArt Black Dragons Erfurt	8:00 - 9:00
	Mo	22		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:30 Off Ice 18:30 - 19:30	Off Ice 17:15 - 18:15 18:45 - 20:00	Off Ice 17:15 - 18:15 18:45 - 20:00	20:15 - 21:15	20:25 - 21:20 in Dinslaken	20:15 - 21:15			11:45 - 12:45	
	Di	23			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00	17:15 - 18:15 Off Ice 18:30 - 19:30	17:15 - 18:15 Off Ice 18:30 - 19:30							Pre Game 11:45 - 12:45 20:00 Hammer Eisbären	
1	Mi	24													9:00 - 10:00	
	Do	25													18:00 - 19:15	
	Fr	26													Pre Game Skate 10:00 - 10:30 20:00 Icefigthers Leipzig	
	Sa	27		8:30 - 9:30	9:45 - 10:45	9:45 - 10:45	12:15 - 13:15	13:30 - 14:45	13:30 - 14:45				8:30 - 9:30	11:00 - 12:00		
	So	28		8:00 - 9:00	8:00 - 9:00	9:15 - 10:30	9:15 - 10:30		10:45 - 11:45					18:30 Hannover Scorpions		
	Mo	29						9:45 - 10:45	18:15 - 19:45	20:00 - 21:15	20:25 - 21:20 in Dinslaken	20:00 - 21:15		11:00 - 12:00		
	Di	30				18:15 - 19:45	18:15 - 19:45	10:30 - 12:00	10:30 - 12:00			20:00 - 21:15		Pre Game Skate 9:45 - 10:30 20:00 Tilburg Trappers		
Mi	31						11:00 - 12:00	11:00 - 12:00						9:45 - 10:45		