

Herner Young Miners Trainingsplan Januar 2026 Stand:25.12.25															
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	
1	Do 1												18:15 - 19:30		
	Fr 2												Pre Game Skate 11:15 - 12:15 20:00 Füchse Duisburg		
	Sa 3						20:30 Neusser EV							11:15 - 12:15	
	So 4						16:30 Düsseldorfer EG 1B		9:30 EHC Neuwied					Pre Game Skate 11:15 - 11:45 18:30 Hannover Fischlins	8:00 - 9:00
2	Mo 5			8:45 - 9:45	8:45 - 9:45	12:45 - 13:45 Off Ice 14:00 - 15:00	Off Ice 16:45 - 18:00 18:15 - 19:45	10:00 - 11:15		20:25 - 21:20 in Dinslaken	20:00 - 21:15		11:30 - 12:30		
	Di 6		8:45 - 10:00	8:45 - 10:00		11:15 - 12:15		12:30 - 13:45					Pre Game Skate 10:15 - 11:00 20:00 Hannover Indians		
	Mi 7	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 8			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	
3	Fr 9				Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30							17:15 - 18:30 Rostock Rockets		
	Sa 10	12:15 - 13:15	8:30 - 9:30	Trainingspiel 13:30 - 14:45	Trainingspiel 13:30 - 14:45	9:45 - 10:45		17:00 Tus Wehl		12:30 EC Bergisch Land in Dinslaken		8:30 - 9:30	11:00 - 12:00		
	So 11		8:00 Düsseldorf	Grün 9:30 Herne							16:45 Eisadler Dortmund		16:00 TecArt Black Dragons Erfurt	8:00 - 9:00	
	Mo 12		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		20:25 - 21:20 in Dinslaken					
4	Di 13			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00	DEB 19:00 - 20:15	DEB 19:00 - 20:15				20:30 - 21:30		17:15 - 18:30		
	Mi 14	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 15			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	
	Fr 16		Pausen Game	Pausen Game			Skill Training 14:00 - 15:30	Skill Training 14:00 - 15:30					Pre Game Skate 11:45 - 12:15 20:00 Tilburg Trappers		
5	Sa 17	10:15 - 10:45 Oranien	8:30 - 9:30	Trainingspiel 13:30 - 14:45	Trainingspiel 13:30 - 14:45	9:45 - 10:45						8:30 - 9:30	11:00 - 12:00		
	So 18			Blau 9:30 Herne		17:00 Krefelder EV	16:30 Herforder EV						18:30 Herforder EV	8:00 - 9:00	
	Mo 19		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			11:45 - 12:45		
	Di 20			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00		17:15 - 18:45	Off Ice 17:30 - 18:45 19:00 - 20:00			20:15 - 21:15		20:00 Saale Halle Bulls		
6	Mi 21	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 22			15:00 - 16:00	16:00 - 17:00			18:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30	
	Fr 23			Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30	18:15 - 19:15	19:45 Tus Wehl				20:15 EHC Troisdorf		11:45 - 13:00		
	Sa 24	12:15 - 13:15	11:30 Herford EV	Grün 9:30 Lippe Hockey Hamm	Trainingspiel 13:30 - 14:45		9:45 - 10:45	11:00 - 12:00		18:30 Berlin		8:30 - 9:30			
7	So 25					9:30 Herforder EV							18:30 Icefighters Leipzig		
	Mo 26		15:00 - 16:00	16:15 - 17:45	16:15 - 17:45	18:00 - 19:30 Off Ice 16:45 - 17:45	Off Ice 18:15 - 19:15 19:45 - 21:15			20:25 - 21:20 in Dinslaken					
	Di 27			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 28	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		
8	Do 29			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	
	Fr 30		Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30		18:15 - 19:15	19:45 EC Bergisch Land						20:00 Hannover Scorpions		
	Sa 31	11:45 - 13:00	13:15 - 14:30		17:45 GSC Moers	8:30 Kölner Halle 1 B		13:30 Eisadler Dortmund				13:15 - 14:30	10:45 - 11:30		