

Herner Young Miners Trainingsplan März 2026 Stand: 05.03.26

	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 9Std. Off Ice 90 min	U 15 On Ice 4,5 9Std. Off Ice 120 min	U 17 On Ice 5 9Std Off Ice 2,5 9Std	U 20 On Ice 6 9Std Off Ice 3 9Std	Damen	1B	Torwarttraining für alle Altersklassen	Oberliga	Hobby
9	So 1				9:30 Herne	9:00 Iserlohn 1B		16:30 Ratinger Ice Aliens		11:55 Mechelen			19:00 Rostock Piranhas	8:00 - 9:00
10	Mo 2		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	18:30 - 19:30 Off Ice 17:15 - 18:15	Off Ice 18:15 - 19:15 19:45 - 21:15	Off Ice 18:15 - 19:15 19:45 - 21:15		20:25 - 21:20 in Dinslaken			17:15 - 18:15	
	Di 3			15:00 - 16:15 Off Ice 16:30 - 17:00	16:30 - 17:45									20:00 TecArt Black Dragons Erfurt
	Mi 4	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	20:00 Eisadler Dortmund	17:15 - 18:15	11:45 - 13:00	
	Do 5			15:00 - 16:00	16:00 - 17:00		16:30 - 20:00	16:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 - 22:30
	Fr 6			Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30	18:15 - 19:15		20:15 EHC Troisdorf			20:00 Eisadler Dortmund			
	Sa 7	Kids Day 12:15 - 13:15	8:30 - 9:30	Trainingsspiel 13:30 - 14:45	Trainingsspiel 13:30 - 14:45	9:45 - 10:45	11:00 - 12:00			19:30 Hannover Indians		8:30 - 9:30		
	So 8		9:00 Bergkamen			11:00 Düsseldorf EG 1B	9:30 ERV Dinslaken Kobras							8:00 - 9:00
11	Mo 9		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 10			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00						20:15 - 21:15		17:15 - 18:30	
	Mi 11	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 12			15:00 - 16:00	16:00 - 17:00		16:30 - 20:00	16:30 - 20:00			20:15 - 21:15		17:15 - 18:30	21:30 Spiel
	Fr 13		14:30 - 15:30			18:15 - 19:15								
	Sa 14	12:15 - 13:15	Trainingsspiel 13:30 - 14:45	13:30 Eisadler Dortmund	8:45 - 10:15	10:30 - 12:00	10:30 Lippe Hockey Hamm	12:30 ERV Dinslaken Kobras				8:45 - 10:15	11:00 - 12:00	
	So 15				10:00 EV Duisburg			9:30 Eisadler Dortmund			18:45 Playdowns		16:30 Sponsorenspiel	8:00 - 9:00
12	Mo 16		15:00 - 16:00	15:45 - 17:15	15:45 - 17:15	17:30 - 19:00 Off Ice 19:00 - 20:00	Off Ice 18:00 - 19:00 19:15 - 20:45			20:25 - 21:20 in Dinslaken				
	Di 17			17:15 - 18:30 ElternKindSpiel	16:00 - 17:00						20:15 - 21:15			
	Mi 18	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		
	Do 19			15:00 - 16:00	16:00 - 17:00		17:15 - 18:45	19:00 - 20:00			20:15 - 21:15			21:30 - 22:30
	Fr 20		Skill Training 14:30 - 15:30	Skill Training 14:30 - 15:30		18:15 - 19:45					20:00 Playdowns			
	Sa 21	Spendenlauf 12:30 - 13:00 Laufschule 13:15 - 14:15	Spendenlauf 9:00 - 9:45 !! Teamevent !!	Spendenlauf 9:00 - 9:45	Spendenlauf 10:15 - 10:45	Spendenlauf 10:15 - 10:45	Spendenlauf 10:15 - 10:45	Spendenlauf 11:15 - 12:00	Spendenlauf 11:15 - 12:00		12:30 Mechelen in Dinslaken			
	So 22						12:30 ERV Dinslaken Kobras	9:15 EHC Neuwied						8:00 - 9:00
13	Mo 23		15:00 - 16:00	15:45 - 17:15	15:45 - 17:15	17:30 - 19:00 Off Ice 19:00 - 20:00	Off Ice 18:00 - 19:00 19:15 - 20:45			20:25 - 21:20 in Dinslaken				
	Di 24			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00	17:15 - 18:30	18:45 - 20:00	19:00 Ratinger Ice Aliens			20:15 - 21:15			
	Mi 25	15:15 - 16:30	15:15 - 16:30			16:45 - 18:15 Off Ice 18:30 - 19:30		Off Ice 17:00 - 18:15 18:30 - 20:00		20:15 - 21:15 in Herne		17:15 - 18:15		
	Do 26			15:00 - 16:00	16:00 - 17:00		17:15 - 18:30 Off Ice 18:45 - 19:45	18:45 - 20:00			20:15 - 21:15			21:30 - 22:30
	Fr 27						18:15 - 19:45							
	Sa 28	12:00 - 13:00				13:15 - 14:45		9:30 ERV Dinslaken				13:15 - 14:45		
	So 29		10:45 - 11:45	10:45 - 11:45	9:15 - 10:30									8:00 - 9:00
14	Mo 30		15:00 - 16:00	15:45 - 17:00	15:45 - 17:00	17:15 - 18:45 Off Ice 19:00 - 20:00	Off Ice 17:45 - 18:45 19:00 - 20:00	20:15 - 21:15	20:15 - 21:15	20:25 - 21:20 in Dinslaken				
	Di 31			15:00 - 16:00 Off Ice 16:15 - 16:45	16:00 - 17:00						20:15 - 21:15			