



Herner Young Miners Trainingsplan September 2026 Stand 02.09.26



	Datum		Laufschule On Ice 2 x 60 min	U 7 On Ice 2 x 60min	U 9 On Ice 3 Std	U 11 On Ice 3 Std	U 13 Off Ice 1,5 Std On Ice 4 Std	U 15 Off Ice 2 Std On Ice 4,5 Std	U 17 Off Ice 2,5 Std On Ice 5 Std	U 20 Off Ice 3 Std On Ice 6 Std	1B	Torwarttraining für alle Altersklassen	Hobby
36	Di	1			15:00 - 16:00	16:00 - 17:00		Off Ice 17:15 - 18:15 18:45 - 20:15			20:15 - 21:15	18:45 - 19:45 U13 - U15 - U17	
	Mi	2		15:15 - 16:15			16:30 - 18:00 Off Ice 18:30 - 19:30	Off Ice 16:45 - 17:45 18:15 - 20:00					
	Do	3		15:00 - 16:00	16:00 - 17:00	17:15 - 18:15			Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15		
	Fr	4				FST 16:45 Dinslaken Kobras - Tus Wehl - EHC Gelsenkirchen	14:45 - 16:15	14:45 - 16:15		FS 19:45 Eisadler Dortmund			
	Sa	5		FS 10:00 Eisadler Dortmund	FS 10:00 Eisadler Dortmund	FS 10:45 Eisadler Dortmund	FS 12:00 Eisadler Dortmund	FS 13:00 Eisadler Dortmund			19:30 Troisdorf		
	So	6			10:00 Herford				FS 9:45 Eisadler Dortmund				
37	Mo	7		15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:15 - 19:30	Off Ice 18:15 - 19:15 19:45 - 21:15					
	Di	8			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		
	Mi	9	15:15 - 16:15				16:30 - 18:00 Off Ice 18:30 - 19:30	Off Ice 16:45 - 17:45 18:15 - 19:45	Off Ice 18:30 - 19:30 20:00 - 21:15	Off Ice 18:30 - 19:30 20:00 - 21:15			
	Do	10		15:00 - 16:00	16:00 - 17:00	17:15 - 18:15			Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15		
	Fr	11				15:00 - 16:00					FS 20:00 EHC Essen Ruhr		
	Sa	12	12:15 - 13:15	Fsturnier 13:30 - 15:30 Düsseldorfer EG	8:00 Hellvis Cup Bad Nauheim		13:30 - 14:45	9:15 - 10:45				8:30 - 9:30 U7-U9-U11 9:45 - 10:45 U13-U15-U17	
38	So	13											8:00 - 9:00
	Mo	14		15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:15 - 19:30	Off Ice 18:15 - 19:15 19:45 - 21:15					
	Di	15			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		
	Mi	16	15:15 - 16:15				16:30 - 18:00 Off Ice 18:30 - 19:30	Off Ice 16:45 - 17:45 18:15 - 19:45	Off Ice 18:30 - 19:30 20:00 - 21:15	Off Ice 18:30 - 19:30 20:00 - 21:15			
	Do	17		15:00 - 16:00	16:00 - 17:00	17:15 - 18:15			Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15		
	Fr	18					15:00 - 16:15	16:30 - 18:00			FS 20:00 EHC Essen Ruhr		
39	Sa	19	12:15 - 13:15		Trainingsspiel 13:30 - 14:45	Trainingsspiel 13:30 - 14:45	9:15 - 10:45					8:30 - 9:30 U7-U9-U11 9:45 - 10:45 U13-U15-U17	
	So	20					16:30 Düsseldorf EG 1B	9:30 EV Duisburg		19:00 EHC Neuwied			8:00 - 9:00
	Mo	21		15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:15 - 19:30	Off Ice 18:15 - 19:15 19:45 - 21:15					
	Di	22			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	18:45 - 20:00 U13 - U15 - U17	
	Mi	23	15:15 - 16:15				16:30 - 18:00 Off Ice 18:30 - 19:30	Off Ice 16:45 - 17:45 18:15 - 19:45	Off Ice 18:30 - 19:30 20:00 - 21:15	Off Ice 18:30 - 19:30 20:00 - 21:15			
	Do	24		15:00 - 16:00	16:00 - 17:00	17:15 - 18:15			Off Ice 17:15 - 18:15 18:30 - 20:00	Off Ice 17:15 - 18:15 18:30 - 20:00	20:15 - 21:15		
40	Fr	25					15:00 - 16:15	16:30 - 18:00					
	Sa	26	12:15 - 13:15		12:15 Dinslaken	13:30 - 14:45	8:30 Iserlohrner EC					13:30 - 14:45 U7 - U9 - U11	
	So	27		8:00 Düsseldorfer EG		SPG Galt 14:30 Köln		9:30 EHC Troisdorf			FS 16:45 Soester EG		8:00 - 9:00
	Mo	28		15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	Off Ice 16:45 - 17:45 18:15 - 19:30	Off Ice 18:15 - 19:15 19:45 - 21:15					
	Di	29			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		
	Mi	30	15:15 - 16:15				16:30 - 18:00 Off Ice 18:30 - 19:30	Off Ice 16:45 - 17:45 18:15 - 19:45	Off Ice 18:30 - 19:30 20:00 - 21:15	Off Ice 18:30 - 19:30 20:00 - 21:15			