

EHC Nachwuchs - Trainingsplan KW 04

20.01.25 - 26.01.25

Tag	Datum	Off-Ice	On-Ice	Off-Ice	Mannschaft	Trainer
Mo.	20.01.25		14:30 - 15:30	Kabine 1/2	U9	Rösch, Khaydarov, 2 Helfer
			15:30 - 16:30	16:45 - 17:15	U11	Peroutka, Linsenmaier, 2 Helfer, Smolka***
		16:15 - 16:30	16:45 - 17:45	18:00 - 18:30	U13	S.Danner, D.Danner, Smolka***
		18:15 - 18:45	19:15 - 20:15	20:30 - 20:45	U17	Khaydarov, Sekera
Di.	21.01.25		14:45 - 15:45	Kabine 1/2	U9	Rösch, Khaydarov, 2 Helfer
			16:00 - 17:00	17:15 - 17:45	U11	Peroutka, Rösch, Khaydarov, 2 Helfer
		16:30 - 17:00	17:15 - 18:30	18:45 - 19:00	U13	S.Danner, D.Danner, Sekera
		16:30 - 17:00	17:15 - 18:30	18:45 - 19:00	U15	Sekera, S.Danner, D.Danner
		17:45 - 18:15	18:45 - 20:15	20:30 - 20:45	U17	Khaydarov, Sekera
		19:30 - 20:00	20:30 - 21:45	22:00 - 22:15	U20	Sekera, Khaydarov
Mi.	22.01.25		14:45 - 15:45	Kabine 1 / 3	U7 / Laufschiule	Khaydarov, Salmik, Sekera, Smolka, Dominik, Wolle
			16:00 - 17:00	17:15 - 17:45	U13	S.Danner, D.Danner
		16:30 - 17:00	17:15 - 18:15	18:30 - 18:45	U15	Smolka, Krüger
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:30	U17	Khaydarov, Sekera, Smolka***
Do.	23.01.25		7:45 - 8:45		U17 / U20	Sekera, Khaydarov
			14:45 - 15:45	Kabine 1/2	U9	Rösch, Khaydarov, Sekera, Salmik, Smolka***
			15:45 - 16:45	17:00 - 17:30	U11	Peroutka, Linsenmaier, 2 Helfer
		16:15 - 16:45	17:00 - 18:15	18:30 - 18:45	U15	Smolka, Sekera, Smolka***
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:30	U17	Khaydarov, Sekera
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:30	U20	Sekera, Khaydarov
Fr.	24.01.25	15:15 - 15:30	15:45 - 16:45	17:00 - 17:30	U13	S.Danner, D.Danner
		16:30 - 16:45	17:00 - 18:00	18:15 - 18:30	U15	Smolka, Krüger
So.	26.01.25		08:15 - 09:15	Kabine 3	U7 / Laufschiule	Khaydarov, Sekera, Smolka, Salmik, Katrin, Dominik

*** 30 Min. TW-Training / Lukas Smolka

Spiele						
Tag	Datum		Spielbeginn	Mannschaft	Heim	Gast
Sa.	25.01.25	Kleinbusse	09:00	U11	Turnier in Pfortzheim	
Sa.	25.01.25	Kabine 1,2,3,5	11:30	U9	Turnier in Freiburg	
Sa.	25.01.25	Kabine 1	17:30	U13	EHC	Mannheimer ERC
Sa.	25.01.25	Reissebus	17:00	U20	VER Selb	EHC
So.	26.01.25	Reissebus	11:30	U20	VER Selb	EHC
So.	26.01.25	Kabine 1	12:15	U15	EHC	EC Peiting
So.	26.01.25	Kabine 1	17:00	U13	EHC	Schwenninger ERC