

# EHC Nachwuchs - Trainingsplan KW 13

## 24.03.25 - 30.03.25

Tag	Datum	Off-Ice	On-Ice	Off-Ice	Mannschaft	Trainer
Mo.	24.03.25		14:30 - 15:30	Kabine 2/3	U7 / Laufschule	Salmik, Khaydarov, Sekera, Smolka, Dominik, Wolle
			15:30 - 16:30	Kabine 1	U9	Rösch, Khaydarov, 2 Helfer, Smolka***
		16:00 - 16:30	16:45 - 17:45	16:45 - 17:15	U11	Peroutka, Linsenmaier, 2 Helfer, Smolka***
		18:15 - 18:45	19:15 - 20:15	20:30 - 20:45	U17	Khaydarov, Sekera
Di.	25.03.25		14:45 - 15:45	Kabine 1/2	U9	Rösch, Khaydarov, 2 Helfer
			16:00 - 17:00	17:15 - 17:45	U11	Peroutka, Linsenmaier, 2 Helfer
		16:30 - 17:00	17:15 - 18:30	18:45 - 19:00	U13	S.Danner, D.Danner
		17:45 - 18:15	18:45 - 20:00	20:15 - 20:30	U15	Salmik, Sekera
		18:15 - 19:45	20:15 - 21:30	20:45 - 21:00	U17	Khaydarov, Sekera
		18:15 - 19:45	20:15 - 21:30	20:45 - 21:00	U20	Sekera, Khaydarov
Mi.	26.03.25		14:45 - 15:45	Kabine 1 / 3	U7 / Laufschule	Salmik, Khaydarov, Sekera, Smolka, Dominik, Wolle
			16:00 - 17:00	17:15 - 17:45	U13	S.Danner, D.Danner, Smolka***
		16:30 - 17:00	17:15 - 18:30	18:45 - 19:00	U15	Smolka, Krüger
		17:45 - 18:15	18:45 - 19:45	20:00 - 20:15	U17	Khaydarov, Sekera, Smolka***
		17:45 - 18:15	18:45 - 19:45	20:00 - 20:15	U20	Sekera, Khaydarov, Smolka***
Do.	27.03.25		14:45 - 15:45	Kabine 1/2	U9	Rösch, Khaydarov, 2 Helfer
			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, Krüger, Smolka***
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:15	U17	Khaydarov, Sekera
Fr.	28.03.25		17:00 - 18:00	18:15 - 18:45	U13	S.Danner, D.Danner
		17:30 - 18:00	18:15 - 19:30	19:45 - 20:00	U15	Smolka, Krüger
*** 30 Min. TW-Training / Lukas Smolka						

## Spiele

Tag	Datum		Spielbeginn	Mannschaft	Heim	Gast
Sa.	29.03.25		08:00	U11	Pro Eissport Turnier	
So.	30.03.25		07:30	U11	Pro Eissport Turnier	
So.	30.03.25	Kabine 1	16:45	U15	EHC	EV Füssen