

EHC Nachwuchs - Trainingsplan KW 02

06.01.25 - 12.01.25

Tag	Datum	Off-Ice	On-Ice	Off-Ice	Mannschaft	Trainer
Mo.	06.01.25	11:00 - 11:30	11:45 - 12:45	13:00 - 13:15	U15	Smolka, Krüger
		17:15 - 17:45	18:15 - 19:30	19:45 - 20:00	U17	Khaydarov, Sekera
Di.	07.01.25		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 - 20:15	20:30 - 20:45	U17	Khaydarov, Sekera
		19:30 - 20:00	20:30 - 21:45	22:00 - 22:15	U20	Sekera, Khaydarov
Mi.	08.01.25		14:45 - 15:45	Kabine 1 / 3	U7 / Laufschnule	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 - 18:15	18:30 - 18:45	U15	Smolka, Krüger
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:15	U17	Khaydarov, Sekera, Smolka***
		17:30 - 18:00	18:30 - 19:45	20:00 - 20:15	U20	Sekera, Khaydarov, Smolka***
Do.	09.01.25		7:45 - 8:45		U17 / U20	Sekera, Khaydarov
			14:45 - 15:45	Kabine 1/2	U9	Rösch, Khaydarov, 2 Helfer, Smolka***
			15:45 - 16:45	17:00 - 17:30	U11	Peroutka, Linsenmaier, 2 Helfer, Smolka***
		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 - 20:15	U17	Khaydarov, Sekera
Fr.	10.01.25		16:00 - 17:00	17:15 - 17:45	U13	S.Danner, D.Danner
		16:45 - 17:00	17:15 - 18:15	18:30 - 18:45	U15	Smolka, Krüger
Sa.	11.01.25		12:15 - 13:15	Kabine 3	GIRLS DAY	Salmik, Smolka, D.Danner, Dominik, 1M.
So.	12.01.25		09:00 - 10:00	Kabine 3	U7 / Laufschnule	Salmik, Smolka, Dominik

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

Spiele

Tag	Datum		Spielbeginn	Mannschaft	Heim	Gast
Sa.	11.01.25	Kleinbusse	10:00	U9	Turnier in Heilbronn	
Sa.	11.01.25	Kabine 1	17:30	U15	EHC	VER Selb
Sa.	11.01.25	Reissebus	19:15	U17	SC Riessersee	EHC
Sa.	11.01.25	Reissebus	20:00	U20	1.EV Weiden	EHC
So.	12.01.25	Reissebus	10:45	U17	SC Riessersee	EHC
So.	12.01.25	Reissebus	11:00	U20	1.EV Weiden	EHC
So.	12.01.25	Kabine 3	12:15	U13	EHC	Mannheimer ERC