



# Trainingsplan - Oktober 2020

## Königsborner Jugend Eishockey Club "Die Bulldogs"



| Datum    | Tag | Damen                | U20                              | U17                       | U15                                       | U13                      | U11  | U9   | Laufschule  |
|----------|-----|----------------------|----------------------------------|---------------------------|---|--------------------------|--|--|-------------|
| 01.10.20 | Do  |                      |                                  |                           |   | 17:30-18:30              | 17:30-18:30                                  | 17:30-18:30                                  |             |
| 02.10.20 | Fr  |                      |                                  |                           |   |                          |  |  |             |
| 03.10.20 | Sa  |                      | <b>HS-Dinslaken 1B<br/>17:30</b> |                           | <b>HS-Brackwede /<br/>Lippstadt 10:30</b> |                          |  | <b>HS-Brackwede<br/>08:15</b>                |             |
| 04.10.20 | So  |                      |                                  | <b>HS-Soest 19:30</b>     |   |                          |  |  |             |
| 05.10.20 | Mo  | 20:15-21:15          | 19:35-20:45                      | 18:25-19:25               | 18:25-19:25                               |                          |  |  |             |
| 06.10.20 | Di  |                      |                                  |                           |   | 17:00-18:00              | <b>16-17 Uhr OT -<br/>U9/U11 17:00-18:00</b> | <b>16-17 Uhr OT -<br/>U9/U11 17:00-18:00</b> | 16:00-17:00 |
| 07.10.20 | Mi  | 18:25-19:25          | 18:25-19:25                      | 17:15-18:15               | 17:15-18:15                               |                          |  |  |             |
| 08.10.20 | Do  |                      |                                  |                           |   | 17:30-18:30              | 17:30-18:30                                  | 17:30-18:30                                  |             |
| 09.10.20 | Fr  |                      |                                  |                           |   |                          |  |  |             |
| 10.10.20 | Sa  |                      | <b>HS-Dinslaken 17:30</b>        |                           |   |                          |  |  |             |
| 11.10.20 | So  |                      |                                  |                           |   |                          |  |  |             |
| 12.10.20 | Mo  | 19:00-20:00          | 20:00-21:00                      |                           |   |                          |  |  |             |
| 13.10.20 | Di  |                      |                                  | 18:00-19:00               | 18:00-19:00                               | 17:00-18:00              | 17:00-18:00                                  | 17:00-18:00                                  |             |
| 14.10.20 | Mi  |                      |                                  |                           |   |                          |  |  |             |
| 15.10.20 | Do  |                      | 18:00-19:00                      | 18:00-19:00               | 17:00-18:00                               | 17:00-18:00              |  |  |             |
| 16.10.20 | Fr  |                      |                                  |                           |   |                          |  |  |             |
| 17.10.20 | Sa  | <b>HS-Köln 10:30</b> |                                  |                           |   |                          | <b>HS-Duisburg 07:45</b>                     |  |             |
| 18.10.20 | So  |                      |                                  | <b>HS-Moers 19:30</b>     |   |                          |  |  |             |
| 19.10.20 | Mo  | 19:00-20:00          | 20:00-21:00                      |                           |   |                          |  |  |             |
| 20.10.20 | Di  |                      |                                  | 18:00-19:00               | 18:00-19:00                               | 17:00-18:00              | 17:00-18:00                                  | 17:00-18:00                                  |             |
| 21.10.20 | Mi  |                      | 19:35-20:30                      | 19:35-20:30               | 18:30-19:25                               | 18:30-19:25              |  |  |             |
| 22.10.20 | Do  |                      |                                  |                           |   |                          |  |  |             |
| 23.10.20 | Fr  |                      |                                  |                           |   |                          |  |  |             |
| 24.10.20 | Sa  |                      |                                  | <b>HS-Darmstadt 17:30</b> |   |                          | <b>HS-Moers 10:30</b>                        |  |             |
| 25.10.20 | So  |                      |                                  |                           |   |                          |  |  |             |
| 26.10.20 | Mo  | 20:15-21:15          | 19:35-20:45                      | 18:25-19:25               | 18:25-19:25                               |                          |  |  |             |
| 27.10.20 | Di  |                      |                                  |                           |   | 17:00-18:00              | <b>16-17 Uhr OT -<br/>U9/U11 17:00-18:00</b> | <b>16-17 Uhr OT -<br/>U9/U11 17:00-18:00</b> | 16:00-17:00 |
| 28.10.20 | Mi  | 18:25-19:25          | 18:25-19:25                      | 17:15-18:15               | 17:15-18:15                               |                          |  |  |             |
| 29.10.20 | Do  |                      |                                  |                           |   | 17:30-18:30              | 17:30-18:30                                  | 17:30-18:30                                  |             |
| 30.10.20 | Fr  |                      |                                  | <b>AS-Dinslaken 20:00</b> |   |                          |  |  |             |
| 31.10.20 | Sa  |                      |                                  |                           | <b>HS-Grizzlys 7:45</b>                   | <b>HS-Grefrath 10:30</b> |  |  |             |

AS = Auswärtsspiel

HS = Heimspiel

TS = Testspiel

FS = Freundschaftsspiel

OT = offenes Training