



# NEV-Trainingsplan November 2025

Stand 25.10.2025



|    |    | Laufschule                   | U7/U9-Bambini<br>Landesliga (Lila)            | U11-Kleinschüler<br>Landesliga (Grau)                       | U13-Knaben A<br>Landesliga                | U13-Knaben B<br>Bezirksliga (B)           | U15-Schüler<br>Landesliga                                   | U17-Jugend                                                  | U20-Junioren                                                | 1. Mannschaft<br>Regionalliga                               | 1B Mannschaft<br>Bezirksliga      | 1C Mannschaft       | Albatrosse          | TW                                                         |    |    |
|----|----|------------------------------|-----------------------------------------------|-------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------|---------------------|---------------------|------------------------------------------------------------|----|----|
| 1  | SA | <del>10.20-11.15</del><br>K6 | A U9 10.00 *1<br>Eisporhalle Duisburg         |                                                             | A 11.00<br>Ratinger Ice Aliens            |                                           | H 20.30<br>ERV Dinslakener Kobras                           | A 10.45<br>Tus Wiehl                                        |                                                             |                                                             |                                   |                     |                     | <del>10.20-11.15</del> K2<br><del>11.30-12.30</del> Office | SA | 1  |
| 2  | SO |                              |                                               |                                                             | A 8.15<br>TuS Wiehl                       |                                           |                                                             |                                                             |                                                             | A 17.15<br>TuS Wiehl                                        |                                   |                     | 20.00 - 21.30<br>K6 |                                                            | SO | 2  |
| 3  | MO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             | 19.20 - 20.05<br>K6               | 22.30 - 23.30<br>K2 |                     |                                                            | MO | 3  |
| 4  | DI |                              | 15.00 - 16.30<br>K3/K4/K5                     | 15.00 - 16.30<br>K2                                         | 16.30 - 17.25<br>K6                       | 16.30 - 17.25<br>K6                       | 17.35 - 18.30 K2<br>18.45 - 19.45 Off-Ice                   | 18.45 - 19.45 K6<br>20.00 - 21.00 Off-Ice                   | 18.30 - 19.30 Off-Ice<br>20.00 - 21.00 K2                   | 19.30 - 20.45 Off-Ice<br>21.15 - 22.15 K7                   |                                   |                     | 22.30 - 23.30<br>K6 |                                                            | DI | 4  |
| 5  | MI |                              |                                               |                                                             | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6 | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6 |                                                             |                                                             |                                                             |                                                             |                                   |                     |                     |                                                            | MI | 5  |
| 6  | DO |                              | 15.00 - 15.45<br>K3/K4/K5                     | 15.45 - 16.45 K2<br>17.00 - 17.45 Off-Ice                   |                                           |                                           | 16.45 - 17.45 K6<br>18.00 - 19.00 Off-Ice                   |                                                             | 18.30 - 19.30 Off-Ice<br>19.45 - 20.45 K2                   | 21.00 - 22.00 K7<br>19.30 - 20.30 Off-Ice                   | 22.15 - 23.15<br>K6               |                     |                     |                                                            | DO | 6  |
| 7  | FR |                              |                                               | H FS 18.15<br>GSC Moers                                     |                                           | A 17.15<br>EC Bergisch Land               |                                                             | H 20.00<br>TSVE Bielefeld                                   |                                                             |                                                             |                                   |                     |                     |                                                            | FR | 7  |
| 8  | SA | 10.20-11.15<br>K6            |                                               |                                                             | H 18.00<br>ERV Dinslakener Kobras         |                                           |                                                             | H 20.30<br>Herforder EV                                     | A 20.30<br>GSC Moers                                        |                                                             |                                   |                     |                     | 10.20 - 11.15 K2<br>11.30 - 12.30 Office                   | SA | 8  |
| 9  | SO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             | H 20.00<br>Eisadler Dortmund                                |                                   |                     |                     |                                                            | SO | 9  |
| 10 | MO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             | 19.20 - 20.05<br>K6               | 22.30 - 23.30<br>K2 |                     |                                                            | MO | 10 |
| 11 | DI |                              | 15.00 - 16.30<br>K3/K4/K5                     | 15.00 - 16.30<br>K2                                         | 16.30 - 17.25<br>K6                       | 16.30 - 17.25<br>K6                       | 17.35 - 18.30 K2<br>18.45 - 19.45 Off-Ice                   | 18.45 - 19.45 K6<br>20.00 - 21.00 Off-Ice                   | 18.30 - 19.30 Off-Ice<br>20.00 - 21.00 K2                   | 19.30 - 20.45 Off-Ice<br>21.15 - 22.15 K7                   |                                   |                     | 22.30 - 23.30<br>K6 |                                                            | DI | 11 |
| 12 | MI |                              |                                               |                                                             |                                           |                                           | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6                   |                                                             |                                                             |                                                             |                                   |                     |                     |                                                            | MI | 12 |
| 13 | DO |                              | 15.00 - 15.45<br>K3/K4/K5                     | 15.45 - 16.45 K2<br>17.00 - 17.45 Off-Ice                   | 16.45 - 17.45 K6<br>18.00 - 19.00 Off-Ice | 16.45 - 17.45 K6<br>18.00 - 19.00 Off-Ice |                                                             |                                                             | 18.30 - 19.30 Off-Ice<br>19.45 - 20.45 K2                   | 21.00 - 22.00 K7<br>19.30 - 20.30 Off-Ice                   | 22.15 - 23.15<br>K6               |                     |                     |                                                            | DO | 13 |
| 14 | FR |                              |                                               |                                                             |                                           |                                           | H 20.00<br>TuS Wiehl                                        | <del>18.15-19.15</del> K6<br><del>19.30-20.30</del> Off-Ice |                                                             | A 20.15<br>Dinslakener Kobras                               |                                   |                     |                     |                                                            | FR | 14 |
| 15 | SA | <del>10.20-11.15</del><br>K6 | H U9 18.00 *2<br>Eissporhalle Neuss           |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             |                                   |                     |                     | <del>10.20-11.15</del> K2<br><del>11.30-12.30</del> Office | SA | 15 |
| 16 | SO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             | H 20.00<br>EG Diez-Limburg                                  | A 17.15<br>Tus Wiehl 1b           |                     |                     |                                                            | SO | 16 |
| 17 | MO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             | 19.20 - 20.05<br>K6               | 22.30 - 23.30<br>K2 |                     |                                                            | MO | 17 |
| 18 | DI |                              | 15.00 - 16.30<br>K3/K4/K5                     | 15.00 - 16.30<br>K2                                         | 16.30 - 17.25<br>K6                       | 16.30 - 17.25<br>K6                       | 17.35 - 18.30 K2<br>18.45 - 19.45 Off-Ice                   | 18.45 - 19.45 K6<br>20.00 - 21.00 Off-Ice                   | 18.30 - 19.30 Off-Ice<br>20.00 - 21.00 K2                   | 19.30 - 20.45 Off-Ice<br>21.15 - 22.15 K7                   |                                   |                     | 22.30 - 23.30<br>K6 |                                                            | DI | 18 |
| 19 | MI |                              |                                               |                                                             | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6 | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6 |                                                             |                                                             |                                                             |                                                             |                                   |                     |                     |                                                            | MI | 19 |
| 20 | DO |                              | <del>15.00-15.45</del><br><del>K3/K4/K5</del> | <del>15.45-16.45</del> K2<br><del>17.00-17.45</del> Off-Ice |                                           |                                           | <del>16.45-17.45</del> K6<br><del>18.00-19.00</del> Off-Ice |                                                             | <del>18.30-19.30</del> Off-Ice<br><del>19.45-20.45</del> K2 | <del>21.00-22.00</del> K7<br><del>19.30-20.30</del> Off-Ice | <del>22.15-23.15</del><br>K6      |                     |                     |                                                            | DO | 20 |
| 21 | FR |                              |                                               |                                                             |                                           |                                           |                                                             | 18.15 - 19.15 K6<br>19.30 - 20.30 Off-Ice                   | H 20.00<br>Grefrather EG                                    |                                                             | A 20.15<br>EHC Troisdorf 1b       |                     |                     |                                                            | FR | 21 |
| 22 | SA | <del>10.20-11.15</del><br>K6 |                                               |                                                             |                                           | H 18.00<br>TuS Wiehl                      |                                                             |                                                             |                                                             | 20.30 - 21.30<br>K7                                         |                                   |                     |                     | <del>10.20-11.15</del> K2<br><del>11.30-12.30</del> Office | SA | 22 |
| 23 | SO |                              |                                               |                                                             |                                           |                                           |                                                             | A 9.30<br>Herner EV                                         |                                                             | A 19.30<br>GSC Moers                                        |                                   |                     | 20.00 - 21.30<br>K6 |                                                            | SO | 23 |
| 24 | MO |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             | 19.20 - 20.05<br>K6               | 22.30 - 23.30<br>K2 |                     |                                                            | MO | 24 |
| 25 | DI |                              | 15.00 - 16.30<br>K3/K4/K5                     | 15.00 - 16.30<br>K2                                         | 16.30 - 17.25<br>K6                       | 16.30 - 17.25<br>K6                       | 17.35 - 18.30 K2<br>18.45 - 19.45 Off-Ice                   | 18.45 - 19.45 K6<br>20.00 - 21.00 Off-Ice                   | 18.30 - 19.30 Off-Ice<br>20.00 - 21.00 K2                   | 19.30 - 20.45 Off-Ice<br>21.15 - 22.15 K7                   |                                   |                     | 22.30 - 23.30<br>K6 |                                                            | DI | 25 |
| 26 | MI |                              |                                               |                                                             |                                           |                                           | 18.15 - 19.15 Off-Ice<br>19.45 - 20.30 K6                   |                                                             |                                                             |                                                             |                                   |                     |                     |                                                            | MI | 26 |
| 27 | DO |                              | 15.00 - 15.45<br>K3/K4/K5                     | 15.45 - 16.45 K2<br>17.00 - 17.45 Off-Ice                   | 16.45 - 17.45 K6<br>18.00 - 19.00 Off-Ice | 16.45 - 17.45 K6<br>18.00 - 19.00 Off-Ice |                                                             |                                                             | 18.30 - 19.30 Off-Ice<br>19.45 - 20.45 K2                   | 21.00 - 22.00 K7<br>19.30 - 20.30 Off-Ice                   | 22.15 - 23.15<br>K6               |                     |                     |                                                            | DO | 27 |
| 28 | FR |                              |                                               |                                                             |                                           |                                           |                                                             | 18.15 - 19.15 K6<br>19.30 - 20.30 Off-Ice                   |                                                             |                                                             | H 20.00<br>ESV Grizzlys Bergkamen |                     |                     |                                                            | FR | 28 |
| 29 | SA | <del>10.20-11.15</del><br>K6 |                                               |                                                             |                                           |                                           | A 8.00<br>Herforder EV                                      |                                                             |                                                             |                                                             |                                   |                     |                     | <del>10.20-11.15</del> K2<br><del>11.30-12.30</del> Office | SA | 29 |
| 30 | SO |                              |                                               |                                                             |                                           | A 18.15<br>Aachener EC                    |                                                             |                                                             |                                                             | A 18.30<br>ESV Grizzlys Bergkamen                           |                                   |                     |                     |                                                            | SO | 30 |
|    |    |                              |                                               |                                                             |                                           |                                           |                                                             |                                                             |                                                             |                                                             |                                   |                     |                     |                                                            |    |    |
|    |    | Laufschule                   | U7/U9-Bambini                                 | U11-Kleinschüler                                            | U13-Knaben A                              | U13-Knaben B                              | U15-Schüler                                                 | U17-Jugend                                                  | U20-Junioren                                                | 1. Mannschaft                                               | 1B Mannschaft                     | 1C Mannschaft       | Albatrosse          | TW                                                         |    | v3 |

K1 = Eisläuferumkleide

K2 = Gästekabine

K3 = kleine Kabine 1

K4 = kleine Kabine 2

K5 = kleine Kabine 3

K6 = Heimkabine

K7 = 1. Mannschaftskabine

\*1 DEG / Grefrath

\*2 Grefrath / Spg Moers-Aachen

U7 Heimturnier: 01.11.2025 um 18 Uhr - Teilnehmer: DEG, EHV Tiger Team, Ratinger Ice Aliens