

# Schwenninger Wild Wings Future

## Trainingsplan - Sommer 2024



Gültig von 03.06.2024 bis 24.07.2024

Team	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<b>U7</b> (Laufschule) 2018 und jünger	15:00 - 16:00 On-Ice		14:00 - 15:00 On-Ice		
<b>U9</b> 2016 / 2017	16:15 - 17:15 On-Ice		15:00 - 16:00 On-Ice 16:15 - 17:00 Off-Ice		
<b>U11</b> 2014 / 2015		16:15 - 17:15 On-Ice	16:15 - 17:30 Off-Ice TG Waldeck	15:00 - 16:00 On-Ice 16:15 - 17:00 Off-Ice	
<b>U13</b> 2012 / 2013	17:30 - 18:45 Off-Ice TG Waldeck	16:15 - 17:00 Off-Ice 17:30 - 18:30 On-Ice	17:30 - 18:45 Off-Ice TG Waldeck	16:15 - 17:15 On-Ice 17:30 - 18:15 Off-Ice	
<b>U15</b> 2010 / 2011	16:15 - 17:15 Off-Ice 17:30 - 18:30 On-Ice	17:30 - 19:00 Off-Ice TG Waldeck	16:15 - 17:15 Off-Ice 17:30 - 18:30 On-Ice	17:30 - 19:00 Off-Ice TG Waldeck	<b>Individuell</b> Nach Vorgabeplan
<b>U17</b> 2008 / 2009	17:30 - 19:30 Off-Ice Helios Arena	17:30 - 18:30 Off-Ice 18:45 - 19:45 On-Ice	17:30 - 19:30 Off-Ice Helios Arena	17:30 - 18:30 On-Ice 18:45 - 19:45 Off-Ice	16:30 - 17:30 Off-Ice Nach Vorgabeplan
<b>U20</b> 2005 / 2007	17:00 - 18:30 Off-Ice 18:45 - 19:45 On-Ice 20:00 - 21:00 Off-Ice	17:30 - 19:30 Off-Ice Kraftraum Helios Arena	17:00 - 18:30 Off-Ice 18:45 - 19:45 On-Ice 20:00 - 21:00 Off-Ice	17:30 - 19:30 Off-Ice Kraftraum Helios Arena	12:30 Optional Kraftraum Helios Arena