

# Trainingsplan - ESV 03 Chemnitz e.V.

## 33. KW - Saison 2025-2026

### 11.-17.08.

| Team            | Jg                                                   | Montag<br>11.08.                                                                       | Dienstag<br>12.08.                         | Mittwoch<br>13.08.                       | Donnerstag<br>14.08.                       | Freitag<br>15.08.                                                 | Samstag<br>16.08.                                                 | Sonntag<br>17.08.                                                 | Trainer             |
|-----------------|------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------|------------------------------------------|--------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|---------------------|
| Sperrzeiten EFC |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Crashers            |
| Projekte        |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Charousek           |
| VSU             | KiTa<br>GTA                                          | 09:00-09:50 Eis                                                                        | 09:00-09:50 Eis                            | 09:00-09:45 Eis                          | 09:00-09:50 Eis                            |                                                                   |                                                                   |                                                                   | U20                 |
|                 | 5./6.                                                | 07:00-07:50 Eis                                                                        | 06:30-07:20 Eis                            |                                          | 07:00-07:50 Eis                            |                                                                   |                                                                   |                                                                   | Rentzsch            |
|                 | 7./8.                                                | 09:45-11:05 Athl                                                                       | 07:40-08:15 Athletik                       |                                          |                                            | 09:00-09:50 Eis                                                   |                                                                   |                                                                   | Strobelt            |
|                 | 9./10.<br>11.-13.                                    |                                                                                        | 09:45-11:05 Athl<br>11:30-12:20 Eis        | 09:45-10:30 Eis<br>10:50-11:20 Athletik  | 10:00-11:20 Athletik                       | 10:00-11:20 Athletik                                              |                                                                   |                                                                   | Buschmann           |
| U7              | Laufgruppe<br>2018 und<br>jünger                     |                                                                                        | 16:00-17:00 Turnhalle                      |                                          |                                            |                                                                   | 13:00-13:50 Eis                                                   |                                                                   | Kneuse              |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | U15                 |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Buschmann           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Kneuse              |
| U9              | 2016-2017                                            |                                                                                        |                                            | 16:00-17:00 Turnhalle                    |                                            | 15:30-16:30 Turnhalle                                             | 13:00-13:50 Eis                                                   |                                                                   | U14                 |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Charousek           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Buschmann           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | U13                 |
| U11             | 2014-2015                                            | 07:00-07:50 Eis<br>16:00-17:30 Athletik<br>(16:00-16:30 TH)                            |                                            | 17:00-17:45 Turnhalle<br>18:10-19:00 Eis |                                            | 16:30-17:45 Athletik                                              |                                                                   |                                                                   | Strobelt            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Sauerwein           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | U11                 |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Strobelt            |
| U13             | 2012-2013                                            | 18:10-19:10 Turnhalle<br>19:40-20:30 Eis                                               | TrSpiel auswärts<br>Dienstag o. Donnerstag | 17:00-17:45 Turnhalle<br>18:10-19:00 Eis | TrSpiel auswärts<br>Dienstag o. Donnerstag |                                                                   | U13 Eislöwen Cup DD                                               | U13 Eislöwen Cup DD                                               | Sauerwein           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Kneuse              |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | U9                  |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Schaufuß            |
| U15             | 2010-2011                                            | 18:10-19:10 Turnhalle<br>19:40-20:30 Eis                                               | 16:00-17:30 Athletik                       | 17:45-18:45 Turnhalle<br>19:10-19:55 Eis | 16:30-17:30 Athletik<br>18:10-18:55 Eis    |                                                                   | U15 in Kadan (CZ)<br>10:15 Treff<br>13:15 Spiel                   | U14 in Kadan (CZ)<br>12:30 Treff<br>15:30 Spiel                   | Charousek, Engel    |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Kneuse, Kühnel      |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Nötzel              |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | U7                  |
| U17             | 2008-2009                                            | 19:15-20:15 Turnhalle<br>20:40-21:40 Eis<br>TW-Tr.: 2006 - 2009                        |                                            | 17:45-18:45 Turnhalle<br>19:10-19:55 Eis | 16:30-17:30 Athletik<br>18:10-18:55 Eis    | 16:00-17:30 Athletik                                              | U17 in Kadan (CZ)<br>12:30 Treff<br>15:30 Spiel                   | U17 in Kassel<br>06:30 Treff<br>11:30 Spiel                       | Rentzsch            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Schaufuß            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Puschmann, Engel    |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Hofmann, Parthum    |
| U20             | 2005-2007                                            | 18:30-19:20 Theorie<br>19:15-20:15 Turnhalle<br>20:40-21:40 Eis<br>TW-Tr.: 2006 - 2009 |                                            | 19:30-20:30 Turnhalle<br>21:05-22:05 Eis | 17:30-18:30 Athletik<br>19:05-19:55 Eis    | U20 Turnier in Chemnitz<br>17:30 CHE vs. NÜR<br>20:00 DRE vs. KAS | U20 Turnier in Chemnitz<br>15:00 KAS vs. NÜR<br>17:30 CHE vs. DER | U20 Turnier in Chemnitz<br>11:30 NÜR vs. DER<br>14:00 CHE vs. KAS | Nötzel              |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Torhüter            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Rentzsch            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Kufa                |
| Regio           |                                                      |                                                                                        | 19:30-20:30 Turnhalle<br>21:10-22:10 Eis   |                                          | 19:30-20:30 Turnhalle<br>21:05-22:05 Eis   |                                                                   |                                                                   |                                                                   | Wolf                |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | KiTa/GTA            |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Rentzsch, Strobelt, |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Bauer, Sauerwein    |
| Hobby           | Kieselstein<br>Kuhschnapp'l<br>Eisblumen<br>sonstige | 21:50-22:50 Eis                                                                        |                                            | 20:30-21:30 Turnhalle                    |                                            |                                                                   |                                                                   |                                                                   | Praktikanten, BfD   |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | VSU                 |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Buschmann           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Charousek           |
|                 |                                                      |                                                                                        |                                            |                                          |                                            |                                                                   |                                                                   |                                                                   | Strobelt            |

Achtung: Treffzeiten - 15min vor Athletik, 30min vor Eistraining, 90min vor Heimspiel, 15min vor Abfahrt Auswärtsspiel

Bei Eistraining in der Trainingshalle bitte 40min vor dem Training da sein!