

# Trainingsplan - ESV 03 Chemnitz e.V.

21. KW - Saison 2026-2027

18.-24.05.2026

| Team            | Jg   | Montag<br>18.05.                  | Dienstag<br>19.05.            | Mittwoch<br>20.05.                | Donnerstag<br>21.05.              | Freitag<br>22.05.                 | Samstag<br>23.05. | Sonntag<br>24.05. | Trainer             |
|-----------------|--|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------|-------------------|---------------------|
| Sperrzeiten EFC |  |                                   |                               | TH: 15:30-17:00 nur 50%           | TH: 16:30-19:00 / 20:00-22:00     | TH: 16:45-18:15                   |                   |                   | Crashers            |
| Projekte        | KiTa<br>GTA  | 13:30-15:00 <b>GTA Flem.</b>      | 15:30-16:30 <b>GTA Rollb.</b> |                                   |                                   |                                   |                   |                   | U20                 |
| VSU             | 5./6.  | 07:00-07:50 Eis                   | 06:45-07:35 Eis               |                                   | 07:00-07:50 Eis                   |                                   |                   |                   | Rentzsch            |
|                 | 7./8.  | 09:40-11:00 40min TH<br>40min ESG | 07:50-08:10 cool down         |                                   |                                   | 09:45-11:15 Athl                  |                   |                   | Strobelt            |
|                 | 9./10.   |                                   | 09:45-11:15 Athl              | 09:45-10:35 Eis                   | 09:45-11:15 Athl                  |                                   |                   |                   | U17                 |
|                 | 11.-13.  |                                   | 11:20-12:10 Eis ???           | 10:50-11:10 cool down             |                                   |                                   |                   |                   |                     |
| U7              | Laufgruppe<br>2020 und<br>jünger                     |                                   | 16:45-17:45 TH                |                                   | 16:45-17:45 Inline                |                                   |                   | Kufa, Schaal      |                     |
| U9              | 2018-2019  |                                   | 15:30-16:45 TH                |                                   |                                   | 16:30-17:45 Inline                | 13:00-13:50 Eis   |                   | U15                 |
| U11             | 2016-2017  |                                   | 16:45-18:00 ESG/KW            | 16:45-18:00 TH                    |                                   | 15:30-16:45 TH                    | 13:00-13:50 Eis   |                   | Buschmann           |
|                 |  | 07:00-07:50 Eis                   |                               |                                   |                                   |                                   |                   |                   | Kufa, Schaal        |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | U14                 |
| U13             | 2014-2015  | 17:30-18:45 TH                    |                               | 15:30-16:45 TH                    |                                   | 16:30-17:30 ESG/KW                | individuell       | individuell       | Kufa                |
|                 |  | 07:00-07:50 Eis                   |                               |                                   |                                   | 18:10-19:00 Eis                   |                   |                   | Schaal, Buschmann   |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | U13                 |
| U15             | 2012-2013  | 17:00-18:00 ESG/KW                | <b>Top 5 optional U17</b>     | 17:45-19:00 15min ESG<br>60min TH | 17:15-18:45 ESG/KW                | 17:30-19:00 45min ESG<br>45min TH | individuell       | individuell       | Strobelt            |
|                 |  | 18:30-19:20 Eis                   |                               |                                   |                                   |                                   |                   |                   | Kufa, Sauerwein     |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | U11                 |
| U17             | 2010-2011  | 15:45-17:15 ESG/KW                | 17:45-19:15 TH                | 16:15-17:45 ESG/KW                | 17:15-18:45 ESG/KW                |                                   | individuell       | individuell       | Sauerwein, Kneuse   |
|                 |  |                                   |                               |                                   | 19:20-20:10 Eis                   |                                   |                   |                   | Kasakow, Nötzel     |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Männerteam          |
| U20             | 2007-2009  | 18:15-19:00 warm up               | 18:30-20:15 ESG               | 19:00-20:45 90min TH<br>15min ESG | 18:45-20:30 15min ESG<br>90min TH |                                   | individuell       | individuell       | U9                  |
|                 |  | 19:30-20:20 Eis                   |                               |                                   |                                   |                                   |                   |                   | Schaufuß            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Kneuse, Sauerwein   |
| Regio           |  |                                   | 19:15-20:30 TH                | 18:00-20:00 Revive                |                                   |                                   |                   |                   | Strobelt            |
|                 |  |                                   | 21:10-22:10 Eis               |                                   |                                   |                                   |                   |                   | Nötzel, Kasakow     |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | U7                  |
| Hobby           | Kieselstein<br>Kuhschnapp'l<br>Eisblumen<br>sonstige |                                   |                               | 20:30-21:45 TH                    |                                   |                                   |                   |                   | Rentzsch            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Schaufuß            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Hofmann, Hofmann    |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Eidam, Parthum      |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Nötzel, Kasakow     |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Torhüter            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Kufa                |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Wolf                |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Kasakow             |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | KiTa/GTA            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Rentzsch, Strobelt, |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Bauer, Sauerwein    |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Praktikanten, BfD   |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | VSU                 |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Buschmann           |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Rentzsch            |
|                 |  |                                   |                               |                                   |                                   |                                   |                   |                   | Strobelt, Kufa      |

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!