

| Tag | Datum      | Trainingseinheit           | Gruppe A      | Gruppe B      | Gruppe C      | Torhüter      |
|-----|------------|----------------------------|---------------|---------------|---------------|---------------|
| MO  | 06.09.2010 | Treffpunkt                 | 08:00         | 08:00         | 08:00         |               |
|     |            | Einteilung der Gruppen     | 08:00 - 08:30 | 08:00 - 08:30 | 08:00 - 08:30 |               |
|     |            | Trockentraining Vormittag  | 10:00 - 10:45 | 09:00 - 09:45 | 10:30 - 11:15 |               |
|     |            | Eistraining Vormittag      | 11:30 - 12:30 | 10:15 - 11:15 | 09:00 - 10:00 |               |
|     |            | Mittagessen                | 13:15 - 14:00 | 12:30 - 13:15 | 11:45 - 12:30 |               |
|     |            | Trockentraining Nachmittag | 17:30 - 18:30 | 16:15 - 17:15 | 15:00 - 16:00 |               |
|     |            | Eistraining Nachmittag     | 16:00 - 17:00 | 14:45 - 15:45 | 13:30 - 14:30 |               |
|     |            | Abholen                    | 19:15         | 18:00         | 16:45         |               |
| DI  | 07.09.2010 | Treffpunkt                 | 09:30         | 08:45         | 07:30         |               |
|     |            | Trockentraining Vormittag  | 10:00 - 11:00 | 10:45 - 11:45 | 09:30 - 10:30 |               |
|     |            | Eistraining Vormittag      | 11:45 - 12:45 | 09:15 - 10:15 | 08:00 - 09:00 |               |
|     |            | Mittagessen                | 13:30 - 14:15 | 12:30 - 13:15 | 11:30 - 12:15 |               |
|     |            | Trockentraining Nachmittag | 16:00 - 17:00 | 14:30 - 15:30 | 13:15 - 14:15 |               |
|     |            | Eistraining Nachmittag     | 17:30 - 18:30 | 16:15 - 17:15 | 15:00 - 16:00 |               |
|     |            | Abholen                    | 19:15         | 18:00         | 16:45         |               |
| MI  | 08.09.2010 | Treffpunkt                 | 09:30         | 08:45         | 07:30         |               |
|     |            | Trockentraining Vormittag  | 10:00 - 11:00 | 10:45 - 11:45 | 09:30 - 10:30 |               |
|     |            | Eistraining Vormittag      | 11:45 - 12:45 | 09:15 - 10:15 | 08:00 - 09:00 |               |
|     |            | Mittagessen                | 13:30 - 14:15 | 12:30 - 13:15 | 11:30 - 12:15 |               |
|     |            | Trockentraining Nachmittag | 16:00 - 17:00 | 14:30 - 15:30 | 13:15 - 14:15 |               |
|     |            | Eistraining Nachmittag     | 17:30 - 18:30 | 16:15 - 17:15 | 15:00 - 16:00 | 14.00 - 14.45 |
|     |            | Abholen                    | 19:15         | 18:00         | 16:45         |               |
| DO  | 09.09.2010 | Treffpunkt                 | 09:30         | 08:45         | 07:30         |               |
|     |            | Trockentraining Vormittag  | 10:00 - 11:00 | 10:45 - 11:45 | 09:30 - 10:30 |               |
|     |            | Eistraining Vormittag      | 11:45 - 12:45 | 09:15 - 10:15 | 08:00 - 09:00 |               |
|     |            | Mittagessen                | 13:30 - 14:15 | 12:30 - 13:15 | 11:30 - 12:15 |               |
|     |            | Trockentraining Nachmittag | 16:00 - 17:00 | 14:30 - 15:30 | 13:15 - 14:15 |               |
|     |            | Eistraining Nachmittag     | 17:30 - 18:30 | 16:15 - 17:15 | 15:00 - 16:00 | 14.00 - 14.45 |
|     |            | Abholen                    | 19:15         | 18:00         | 16:45         |               |
| FR  | 10.09.2010 | Treffpunkt                 | 10:15         | 09:00         | 07:30         |               |
|     |            | Trockentraining Vormittag  | 10:45 - 11:45 | 09:30 - 10:30 | 09:30 - 10:30 |               |
|     |            | Eistraining Vormittag      | 12:15 - 13:15 | 11:00 - 12:00 | 08:00 - 09:00 |               |
|     |            | Mittagessen                | 13:45 - 14:30 | 12:30 - 13:15 | 11:30 - 12:15 |               |
|     |            | Eistraining Nachmittag     | 16:00 - 17:00 | 14:45 - 15:45 | 13:30 - 14:30 |               |
|     |            | Abholen                    | 17:45         | 16:30         | 15:15         |               |
| SA  | 11.09.2010 | Treffpunkt                 | 13:30         | 12:30         | 11:30         |               |
|     |            | Wettbewerbe                | 14:00 - 15:00 | 13:00 - 13:45 | 12:00 - 12:45 |               |
|     |            | Abholen                    | 15:30         | 14:30         | 13:30         |               |

Für die Zeiten nach dem Mittagessen sind Theorie- und Spieleinheiten vorgesehen.