

Trainingsplan - Winter 2023/24

| | | Rasenplatz | | | Rasen (klein) | Ascheplatz | | Kunstrasen | |
|-------------|-------------|------------|-----------|------------|------------------|-----------------|-----------|--------------------------------------|-----------------|
| | | 1. Hälfte | 2. Hälfte | Hinter Tor | | 1. Hälfte | 2. Hälfte | 1.Hälfte | 2. Hälfte |
| Mo. | 16:30-17:00 | | | | | | | U 10-1 / U 10-2 | U 8 / U 10-3 |
| | 17:00-17:30 | | | | | U 11-1 / U 11-2 | U 13-3 | U 10-1 / U 10-2 | U 8 / U 10-3 |
| | 17:30-18:00 | | | | | U 11-1 / U 11-2 | U 13-3 | U 10-1 / U 10-2 | U 8 / U 10-3 |
| | 18:00-18:30 | | | | | U 11-1 / U 11-2 | U 13-3 | U 17 | U 13-2 |
| | 18:30-19:00 | | | | | | | U 17 | U 13-2 |
| | 19:00-19:30 | | | | | | | U 17 | U 13-2 |
| | 19:30-21:00 | | | | | | | AH | |
| Di. | 16:30-17:00 | | | | | | | ab 16:00Uhr U 7 | U 9-1 / U 9-2 |
| | 17:00-17:30 | | | | | | U 15-2 | U 13-1 | U 9-1 / U 9-2 |
| | 17:30-18:00 | | | | | | U 15-2 | U 13-1 | U 9-1 / U 9-2 |
| | 18:00-18:30 | | | | | | U 15-2 | U 13-1 / U 15-1 | U 19 |
| | 18:30-19:00 | | | | | | | U 15-1 | U 19 |
| | 19:00-19:30 | | | | | | | U 15-1 | U 19 |
| | 19:30-21:00 | | | | | | | Herren 2 | Herren 1 |
| Mi. | 16:30-17:00 | | | | | | | | Fördertraining |
| | 17:00-17:30 | | | | | | | | Fördertraining |
| | 17:30-18:00 | | | | | U 11-M / U 13-M | | U 15-M / U 17-M | Fördertraining |
| | 18:00-18:30 | | | | | U 11-M / U 13-M | | U 15-M / U 17-M | U 17 |
| | 18:30-19:00 | | | | | U 11-M / U 13-M | | U 15-M / U 17-M | U 17 |
| | 19:00-19:30 | | | | | | | | U 17 |
| | 19:30-21:00 | | | | | | | Damen 1 | Damen 2 |
| Do. | 16:30-17:00 | | | | | U 9-1 / U 9-2 | | TW | |
| | 17:00-17:30 | | | | | U 9-1 / U 9-2 | U 13-1 | U 13-3 / TW | U 11-1 / U 11-2 |
| | 17:30-18:00 | | | | | U 9-1 / U 9-2 | U 13-1 | U 13-3 / TW | U 11-1 / U 11-2 |
| | 18:00-18:30 | | | | | U 13-2 | U 13-1 | U 13-3 / U 19 | U 11-1 / U 11-2 |
| | 18:30-19:00 | | | | | U 13-2 | | U 19 | U 15 |
| | 19:00-19:30 | | | | | U 13-2 | | U 19 | U 15 |
| | 19:30-21:00 | | | | | | | Herren 1 | Herren 2 |
| Fr. | 16:00-16:30 | | | | | | | U 15-2 | U 10-1 / U 8 |
| | 16:30-17:00 | | | | | U 10-3 | U 10-2 | U 15-2 | U 10-1 / U 8 |
| | 17:00-17:30 | | | | | U 10-3 | U 10-2 | U9-M / U 15-2 | U 10-1 / U 8 |
| | 17:30-18:00 | | | | | U 10-3 | U 10-2 | U9-M / U11-M / U17-M / U13-M / U15-M | |
| | 18:00-18:30 | | | | | | | U9-M / U11-M / U17-M / U13-M / U15-M | |
| | 18:30-19:00 | | | | | | | U11-M / U17-M / U13-M / U15-M | |
| | 19:00-19:30 | | | | | | | Damen 1 | Damen 2 |
| 19:30-20:30 | | | | | | | Damen 1 | Damen 2 | |

im wöchentlichen Wechsel

Stand: 11.11.23