

Trainingsplan - Sommer 2024

Gültig ab: 01.07.2024

		Rasenplatz			Rasen (klein)	Ascheplatz		Kunstrasen	
		1. Hälfte	2. Hälfte	Hinter Tor		1. Hälfte	2. Hälfte	1.Hälfte	2. Hälfte
Mo.	16:00-16:30	U 8-1	U 8-2						
	16:30-17:00	U 8-1	U 8-2						U 9-1 / U 9-2
	17:00-17:30	U 8-1	U 13-1		U 11-2			U 11-1	U 9-1 / U 9-2
	17:30-18:00	U 11-3	U 13-1		U 11-2			U 11-1	U 9-1 / U 9-2
	18:00-18:30	U 11-3	U 13-1		U 11-2			U 11-1 / U 13-3	U 13-2
	18:30-19:00	U 11-3						U 13-3	U 13-2
	19:00-19:30							U 13-3	U 13-2
	19:30-21:00							AH	
Di.	16:00-16:30								U 10-2
	16:30-17:00							U 10-1	U 10-2
	17:00-17:30							U 10-1	U 10-2
	17:30-18:00							U 10-1	
	18:00-18:30	U 19						U 15-2	U 17
	18:30-19:00	U 19						U 15-2	U 17
	19:00-19:30	U 19						U 15-2	U 17
	19:30-21:00	Damen & Herren						Damen & Herren	
Mi.	16:30-17:00		Förder						
	17:00-17:30		Förder						
	17:30-18:00	U 15-M	Förder					U 11-M	U 13-M
	18:00-18:30	U 15-M	U 15-1					U 11-M	U 13-M
	18:30-19:00	U 15-M	U 15-1					U 11-M	U 13-M
	19:00-19:30		U 15-1						Damen 2
Do.	16:00-16:30		U 10-2					U 8-1 / U 8-2	
	16:30-17:00		U 10-2					U 8-1 / U 8-2	U 10-1
	17:00-17:30	U 11-1	U 10-2	TW				U 13-1	U 10-1
	17:30-18:00	U 11-1	U 13-2	TW				U 13-1	U 10-1
	18:00-18:30	U 11-1 / U 17	U 13-2	TW	U 13-3			U 13-1 / U 15-2	U 19
	18:30-19:00	U 17	U 13-2	TW	U 13-3			U 15-2	U 19
	19:00-19:30	U 17			U 13-3			U 15-2	U 19
	19:30-21:00	Damen & Herren						Damen & Herren	
Fr.	16:00-16:30		U 9-1 / U 9-2		U 7-M				
	16:30-17:00		U 9-1 / U 9-2		U 7-M / U 7				
	17:00-17:30	U 11-3 /	U 9-1 / U 9-2		U 9-M / U 7			U 15-1 / U 11-2	
	17:30-18:00	U 11-3 /	U 11-M / U 13-M		U 9-M			U 15-1 / U 11-2 / U 15-M	
	18:00-18:30	U 11-3 /	U 11-M / U 13-M		U 9-M			U 15-1 / U 11-2 / U 15-M	
	18:30-19:00	.	U 11-M / U 13-M						U 15-M
	19:00-19:30								Damen 2