



Trainingsplan Saison 2023/24

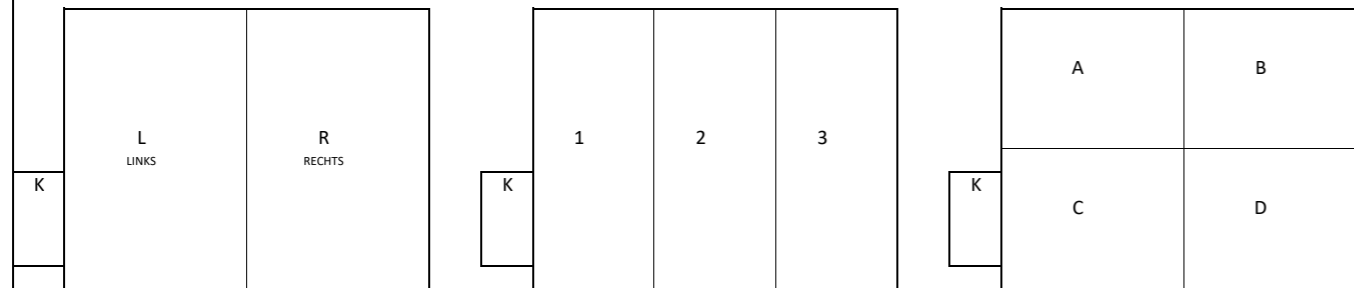


	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag	
	L		R		L		R		L		R		L		R		L		R			
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4		
K	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	A	B	C	D	K	
16:00	U6	FT D/C	U7	U8 I & II	U9 M	U13 M I	U11 M II			U7			U11 II					U9 M	FT E/D	U11 M I	U11 M II	U6
16:15																						
16:30																						
16:45																						
17:00																						
17:15	BG	U11 I	U11 II	U10	U9	U12 II	U12 I	U13 I	U13 II	U11 M I	U10	U8 I & II	U13 M II	U12 II	U12 I	U9	U11 I	U13 I	U13 II	U13 M I	U13 M II	
17:30																						
17:45																						
18:00																						
18:15																						
18:30		U15 II	U17 II	U17 I		U14	U15 I	U15 M		U17 M	U17 II	U17 I	U14	U15 I	U15 II			U15 M	U17 M			
18:45																						
19:00																						
19:15																						
19:30	U19 III					M1																
19:45																						
20:00		U19 III	U19 II	U19 I						F1	F1	U19 I										
20:15																						
20:30																						
20:45																						
21:00																						
21:15																						
21:30																						
22:00																						

Bza Weidenpesch

16:30		16:30		16:30		16:30		16:30	
17:00		17:00		17:00		17:00		17:00	
17:30		17:30		17:30	C-Jugend	17:30		17:30	
18:00		18:00		18:00	C-Jugend	18:00		18:00	
18:30		18:30		18:30	C-Jugend	18:30		18:30	

Aufteilung Platz



FT M = Fördertraining Mädchen

FT D/C = Fördertraining D/C

TW = Torwarttraining

BG = Bolzgruppe

	Trainingstag/Platz	1		2	
		K	AK	K	AK
G-Jugend (Bambini)	U6	Mo 16:00-17:15	Sa 09:00-10:30	K	K
	U7	Mo 16:00-17:15	Mi 16:00-17:15	B	B
F-Jugend	U8 J	Mo 16:00-17:15	Mi 17:00-18:30	CD	C
	U9 J	Mo 17:15-18:30	Do 17:15-18:30	D	C
	U9 M	Di 16:30-17:45	Fr 16:30-18:00	K	AK
E-Jugend	U10 J	Mo 17:15-18:30	Mi 17:15-18:30	C	B
	U11 J I	Mo 17:15-18:30	Do 16:45-18:00	A	D
	U11 J II	Mo 17:15-18:30	Do 16:00-17:15	B	AB
	U11 M I	Mi 17:15-18:30	Fr 16:00-17:15	B	A
	U11 M II	Di 16:00-17:15	Fr 16:00-17:15	B	D
D-Jugend	U12 J I	Di 17:15-18:30	Do 17:15-18:30	B	B
	U12 J II	Di 17:15-18:30	Do 17:15-18:30	A	A
	U13 M I	Di 16:00-17:15	Fr 17:15-18:30	A	C
	U13 M II	Mi 17:15-18:30	Fr 17:15-18:30	D	D
	U13 J I	Di 17:15-18:30	Fr 17:15-18:30	C	A
C-Jugend	U13 J II	Di 17:15-18:30	Fr 17:15-18:30	D	B
	U14 J	Di 18:30-20:00	Do 18:30-20:00	1	1
	U15 J I	Di 18:30-20:00	Do 18:30-20:00	2	2
B-Jugend	U15 J II	Mo 18:30-20:00	Do 18:00-19:30	1	D3
	U15 M	Di 18:30-20:00	Fr 18:30-20:00	3	1
	U17 J I	Mo 18:30-20:00	Mi 18:30-20:00	3	3
A-Jugend	U17 J II	Mo 18:30-20:00	Mi 18:30-20:00	2	2
	U17 M	Mi 18:30-20:00	Fr 18:30-20:00	1	2
	U19 J I	Mo 20:00-21:30	Mi 20:00-21:30	3	R
Senior:innen	U19 J II	Mo 20:00-21:30	Do 19:00-20:30	2	KR
	U19 J III	Mo 19:30-21:00	Fr 20:00-21:30	K1	L
	Frauen	Mi 19:45-21:30	Fr 18:45-20:15	KL	3R
Torwart	Männer I	Di 19:30-21:00	Do 19:30-21:00	KL	KL
	Männer II	Di 20:00-21:30	Do 20:00-21:30	R	KR
Bolzgruppe	BG	Mo 17:15-18:45		K	