

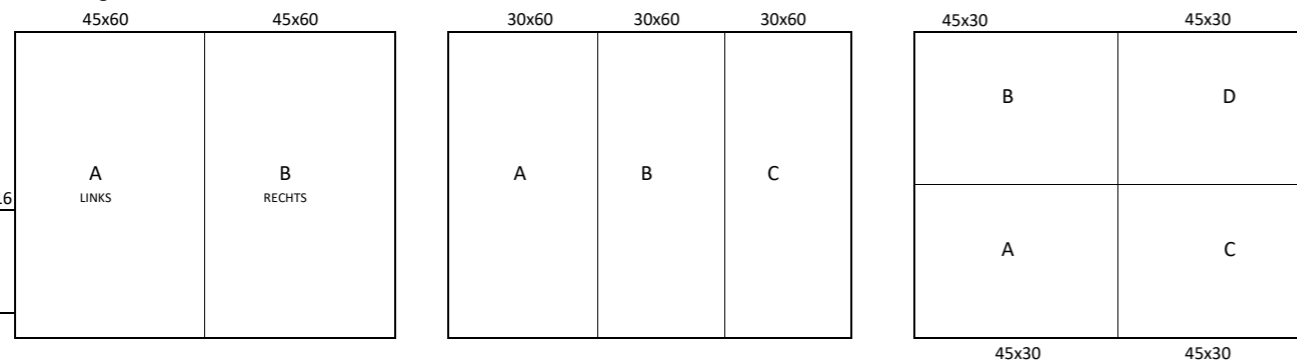


Trainingsplan 2024/25



16:00 16:15 16:30 16:45 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 22:00	Montag						Dienstag						Mittwoch						Donnerstag						Freitag						Samstag								
	1		2		3		4		5		6		1		2		3		4		5		6		1		2		3		4		5		6		K		
	K	A	B	C	D	E	F	K	A	B	C	D	E	F	K	A	B	C	D	E	F	K	A	B	C	D	E	F	K	A	B	C	D	E	F	K			
		U7	U8	U9			FT D/C	U10	U 9 M					U7	U8					U9	FT E/D				U9 M	U10	U11 M I	U11 M II											U6

Aufteilung Platzviertel



FT M = Fördertraining Mädchen

TW = Torwarttraining

BG = Bolzgruppe

				1	2
G-Jugend (Bambini)	U6	Mo 16:00-17:15	Sa 10:00-11:30	K	K
	U7	Mo 16:00-17:15	Mi 16:00-17:15	B	B
	U8 J	Mo 16:00-17:15	Mi 16:00-17:15	C	C
F-Jugend	U9 J	Mo 16:00-17:15	Do 16:00-17:15	D	AB
	U9 M	Di 16:00-17:15	Fr 16:00-17:15	C	A
E-Jugend	U10 J	Mo 16:00-17:15	Fr 16:00-17:15	A	B
	U11 J I	Mo 17:15-18:30	Do 17:15-18:30	A	C
	U11 J II	Mo 17:15-18:30	Mi 17:15-18:30	B	C
	U11 M I	Mi 17:15-18:30	Fr 16:00-17:15	A	C
	U11 M II	Mo 17:15-18:30	Fr 16:00-17:15	C	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	Mi 17:15-18:30	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	Mo 17:15-18:30	Do 17:15-18:30	D	D
C-Jugend	U13 J II	Di 17:15-18:30	Fr 17:15-18:30	B	B
	U 14 J	Di 18:30-20:00	Do 18:30-20:00	C	C
	U15 J I	Di 18:30-20:00	Do 18:30-20:00	A	B
	U15 J II	Mi 18:30-20:00	Fr 18:00-19:30	B	A
B-Jugend	U15 M	Di 18:30-20:00	Fr 18:30-20:00	B	B
	U15 M II	Di 17:15-18:30	Fr 17:15-18:30	C	A
	U17 J I	Mo 18:30-20:00	Mi 18:30-20:00	B	C
A-Jugend	U17 J II	Mo 18:30-20:00	Do 18:30-20:00	C	A
	U17 M	Mo 18:30-20:00	Mi 18:30-20:00	A	A
	U19 J I	Mo 20:00-21:30	Do 20:00-21:30	A	B
Senior:innen	U19 J II	Mo 20:00-21:30	Mi 20:00-21:30	B	B
	U19 J III	Mo 19:30-21:00	Fr 20:00-21:30	C+K	A
	Frauen	Mi 19:45-21:15	Fr 18:45-20:15	A+K	B
Torwart	Männer I	Di 19:30-21:00	Do 19:30-21:00	A+K	A+K
	Männer II	Di 20:00-21:30	Fr 18:45-21:15	B	B+K
Bolzgruppe	TW	Mi - Zuordnung durch Trainer			
	BG	Mo 17:15-18:30		K	