

Trainingsplan 25/26

|                          |         |
|--------------------------|---------|
| Weidenpesch (Kunstrasen) |         |
| 17.00                    | U15 I   |
|                          |         |
| 18.30                    | U17 II  |
|                          |         |
| 20.00                    | U19 III |

|                         |  |             |  |   |  |   |  |   |  |
|-------------------------|--|-------------|--|---|--|---|--|---|--|
| Aufteilung Platzviertel |  |             |  |   |  |   |  |   |  |
| A<br>LINKS              |  | B<br>RECHTS |  | A |  | B |  | C |  |
|                         |  |             |  |   |  |   |  |   |  |
| K                       |  |             |  |   |  |   |  |   |  |
|                         |  |             |  |   |  |   |  |   |  |

|                       |                |                |                | 1   |           | 2            |                |                |                |     |     | 1 |  | 2 |  |
|-----------------------|----------------|----------------|----------------|-----|-----------|--------------|----------------|----------------|----------------|-----|-----|---|--|---|--|
| G-Jugend<br>(Bambini) | U6             | Mo 16:00-18:00 | Mi 16:00-17:45 | K   | K         | B-Jugend     | U17 J I        | Di 18:30-20:00 | Do 18:30-20:00 | C   | A   |   |  |   |  |
|                       | U7             | Di 16:00-17:15 | Fr 16:00-17:15 | B   | B         |              | U17 J II       | Mo 18:30-20:00 | Do 18:30-20:00 | WP  | B   |   |  |   |  |
| F-Jugend              | U8 J           | Mo 16:00-17:15 | Mi 16:00-17:15 | C   | C         |              | U17 M          | Mo 18:30-20:00 | Mi 18:30-20:00 | C   | A   |   |  |   |  |
|                       | U9 J           | Mo 16:00-17:15 | Do 16:00-17:15 | D   | B         |              | U17 M II       | Mo 17:00-18:30 |                | D   |     |   |  |   |  |
|                       | U9 M           | Di 16:00-17:15 | Fr 16:00-17:15 | C   | A         | A-Jugend     | U19 J I        | Mo 20:00-21:30 | Do 20:00-21:30 | A   | B   |   |  |   |  |
| E-Jugend              | U10 J I        | Di 16:00-17:15 | Do 16:00-17:15 | A+H | C         |              |                | Mi 19:30-21:00 |                | K   |     |   |  |   |  |
|                       | U10 J II       | Di 16:00-17:15 | Do 16:00-17:15 | A+H | D         |              | U19 J II       | Mo 20:00-21:30 | Mi 20:00-21:30 | B   | A   |   |  |   |  |
|                       | U10 M          | Di 16:00-17:15 | Mi 16:00-17:15 | D   | C         |              | U19 J III      | Mo 19:30-21:00 | Fr 18:30-20:00 | WP  | C   |   |  |   |  |
|                       | U11 J I        | Di 17:15-18:30 | Do 17:15-18:30 | A   | C         | Senior:innen | Frauen         | Mi 19:45-21:15 | Fr 20:00-21:30 | A+K | B   |   |  |   |  |
|                       | U11 J II       | Di 17:15-18:30 | Do 17:15-18:30 | B   | D         |              | Männer I       | Di 19:30-21:00 | Do 19:30-21:00 | A   | A+K |   |  |   |  |
| U11 M I               | Mo 17:15-18:30 | Fr 16:00-17:15 | C              | C   | Männer II |              | Di 20:00-21:30 | Fr 19.45-21:15 | B              | B+K |     |   |  |   |  |
| D-Jugend              | U12 J I        | Mo 17:15-18:30 | Do 17:15-18:30 | A   | B         | Torwart      | TW             |                |                |     |     |   |  |   |  |
|                       | U12 J II       | Mo 17:15-18:30 | Mi 17:15-18:30 | B   | C         |              |                | Di 18:30-19:30 | Mi 18.30-19.30 | A   | K   |   |  |   |  |
|                       | U13 M I        | Mi 17:15-18:30 | Fr 17:15-18:30 | A   | C         |              |                | Do 18.30-19.30 |                | K   |     |   |  |   |  |
|                       | U13 M II       | Mi 17:15-18:30 | Fr 17:15-18:30 | D   | D         | Bolzgruppe   | BG             | Mo 17:15-18:30 |                | K   |     |   |  |   |  |
|                       | U13 J I        | Di 17:15-18:30 | Do 17:15-18:30 | C   | A         |              |                |                |                |     |     |   |  |   |  |
|                       | U13 J II       | Di 17:15-18:30 | Fr 17:15-18:30 | D   | B         |              |                |                |                |     |     |   |  |   |  |
| C-Jugend              | U 14 J         | Mi 18:30-20:00 | Fr 18:30-20:00 | C   | B         |              |                |                |                |     |     |   |  |   |  |
|                       | U15 J I        | Di 17:00-18:30 | Do 18:30-20:00 | WP  | C         |              |                |                |                |     |     |   |  |   |  |
|                       | U15 J II       | Mo 18:30-20:00 | Mi 18:30-20:00 | A   | B         |              |                |                |                |     |     |   |  |   |  |
|                       | U15 M          | Di 18:30-20:00 | Fr 18:30-20:00 | B   | A         |              |                |                |                |     |     |   |  |   |  |
|                       | U15 M II       | Mi 17:15-18:30 | Fr 17:15-18:30 | B   | A         |              |                |                |                |     |     |   |  |   |  |