

Trainingsplan Saison 2022 / 2023

Stand: 01.02.2023

Kunstrasen

| Zeit | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|---------------|---------|---------|---------|---------|----------|----------|---------|---------|----------|---------|--------|----------|------------|---------|---------|---------|----------|--------|---------|---------|
| | KR1/4 | KR2/4 | KR3/4 | KR4/4 | KR1/4 | KR2/4 | KR3/4 | KR4/4 | KR1/4 | KR2/4 | KR3/4 | KR4/4 | KR1/4 | KR2/4 | KR3/4 | KR4/4 | KR1/4 | KR2/4 | KR3/4 | KR4/4 |
| 15:30 - 16:30 | | | | | | | | | | | | | | | | | | | | |
| 16:00 - 16:30 | | | | | | | | | | | | | | | | | | | | |
| 16:30 - 17:00 | | | | | | | | | | | | Bam - U6 | | | | | KIGA | F - U8 | | |
| 17:00 - 17:30 | | | D - U13 | D - U13 | Bam - U7 | Bam - U7 | D - U12 | D - U12 | D - U13 | D - U13 | F - U8 | Bam - U6 | | | E - U10 | E - U10 | KIGA | F - U8 | D - U12 | D - U12 |
| 17:30 - 18:00 | E - U11 | E - U11 | D - U13 | D - U13 | Bam - U7 | Bam - U7 | D - U12 | D - U12 | D - U13 | D - U13 | F - U8 | F - U9 | | | E - U10 | E - U10 | Bam - U7 | F - U8 | D - U12 | D - U12 |
| 18:00 - 18:30 | E - U11 | E - U11 | D - U13 | D - U13 | C - U15 | C - U15 | D - U12 | D - U12 | D - U13 | D - U13 | F - U8 | F - U9 | C - U15 | C - U15 | E - U10 | E - U10 | Bam - U7 | F - U8 | D - U12 | D - U12 |
| 18:30 - 19:00 | E - U11 | E - U11 | D - U13 | D - U13 | C - U15 | C - U15 | D - U12 | D - U12 | D - U13 | D - U13 | F - U9 | F - U9 | C - U15 | C - U15 | E - U10 | E - U10 | Bam - U7 | | D - U12 | D - U12 |
| 19:00 - 19:30 | Frauen | Frauen | | | C - U15 | C - U15 | | | AH | AH | AH | AH | C - U15 | C - U15 | | | | | Frauen | Frauen |
| 19:30 - 20:00 | Frauen | Frauen | S3 | S3 | S1 | S1 | S2 | S2 | AH | AH | AH | AH | S1 | S1 | S2 | S2 | S1 | S1 | Frauen | Frauen |
| 20:00 - 20:30 | Frauen | Frauen | S3 | S3 | S1 | S1 | S2 | S2 | Frauen | Frauen | S3 | S3 | S1 | S1 | S2 | S2 | S1 | S1 | Frauen | Frauen |
| 20:30 - 21:00 | | | S3 | S3 | S1 | S1 | S2 | S2 | Frauen | Frauen | S3 | S3 | S1 | S1 | S2 | S2 | S1 | S1 | | |
| 21:00 - 21:30 | | | S3 | S3 | S1 | S1 | S2 | S2 | Frauen | Frauen | S3 | S3 | S1 | S1 | S2 | S2 | S1 | S1 | | |

KR1/4: Kunstrasenplatz vorne links

KR2/4: Kunstrasenplatz vorne rechts

KR3/4: Kunstrasenplatz hinten links

KR4/4: Kunstrasenplatz hinten rechts

Rasen

| Zeit | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|---------------|--------|--------|------|------|----------|---------|------|------|----------|------|------|------|------------|---------|------|------|---------|------|------|------|
| | R1/4 | R2/4 | R3/4 | R4/4 | R1/4 | R2/4 | R3/4 | R4/4 | R1/4 | R2/4 | R3/4 | R4/4 | R1/4 | R2/4 | R3/4 | R4/4 | R1/4 | R2/4 | R3/4 | R4/4 |
| 15:30 - 16:30 | | | | | | | | | | | | | | | | | | | | |
| 16:00 - 16:30 | | | | | | | | | | | | | | | | | | | | |
| 16:30 - 17:00 | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 17:30 | | | | | E - U10 | E - U10 | | | | | | | | | | | | | | |
| 17:30 - 18:00 | F - U9 | F - U9 | | | E - U10 | E - U10 | | | | | | | E - U11 | E - U11 | | | | | | |
| 18:00 - 18:30 | F - U9 | F - U9 | | | E - U10 | E - U10 | | | | | | | E - U11 | E - U11 | | | | | | |
| 18:30 - 19:00 | F - U9 | F - U9 | | | E - U10 | E - U10 | | | | | | | E - U11 | E - U11 | | | | | | |
| 19:00 - 19:30 | | | | | | | | | | | | | | | | | | | | |
| 19:30 - 20:00 | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 20:30 | | | | | | | | | | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | | | | | | | | | |
| 21:00 - 21:30 | | | | | | | | | | | | | | | | | | | | |

R1/4: Rasenplatz vorne links

R2/4: Rasenplatz vorne rechts

R3/4: Rasenplatz hinten links

R4/4: Rasenplatz hinten rechts