

NOTFALL-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	E - U10	Bam - U7	D - U12	D - U12	D - U13	D - U13	F - U8	Bam - U6			E - U10	KiGA	F - U8	D - U12	D - U12	
17:30 - 18:00	E - U11	F - U9	D - U13	D - U13	E - U10	Bam - U7	D - U12	D - U12	D - U13	D - U13	F - U8	F - U9			E - U11	E - U10	Bam - U7	F - U8	D - U12	D - U12
18:00 - 18:30	E - U11	F - U9	D - U13	D - U13	E - U10	C - U15	D - U12	D - U12	D - U13	D - U13	F - U8	F - U9	C - U15	C - U15	E - U11	E - U10	Bam - U7	F - U8	D - U12	D - U12
18:30 - 19:00	E - U11	F - U9	D - U13	D - U13	C - U15	C - U15	D - U12	D - U12	D - U13	D - U13		F - U9	C - U15	C - U15	E - U11	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	R3/4	R4/4
15:30 - 16:30																		
16:00 - 16:30																		
16:30 - 17:00																		
17:00 - 17:30																		
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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

Bei Rasensperrung