



Trainingsplan Junioren-/Seniorenfußball Sportanlage

Saison 2009/2010 (1. November 2009 - 1. März 2010)

Uhrzeit	Montag	Dienstag					Mittwoch					Donnerstag				Freitag			
14:00 - 14:30																			
14:30 - 15:00																			
15:00 - 15:30																	A1 (A)		
15:30 - 16:00																	A1 (A)		
16:00 - 16:30																	A1 (A)		
16:30 - 17:00																	A1 (A)		
17:00 - 17:30							C1 (A)										A1 (A)		
17:30 - 18:00	D2 (A)				C2 (A)	D1 (A)	C1 (A)	U15-M (A)				D2 (A)	D1 (A)			C1(A)		C2 (A)	U15-M (A)
18:00 - 18:30	D2 (A)				C2 (A)	D1 (A)	C1 (A)	U15-M (A)				D2 (A)	D1 (A)			C1(A)		C2 (A)	1. Sen (A) U15-M (A)
18:30 - 19:00	D2 (A)		1. Sen (A)		C2 (A)	D1 (A)		U15-M (A)				D2 (A)	D1 (A)	1. Sen (A)		C1(A)		C2 (A)	1. Sen (A) U15-M (A)
19:00 - 19:30		B1 (A)	1. Sen (A)	A1 (A)		2. Sen (A)			DJK (A)	B1 (A)	3. Sen (A)		2. Sen (A)	1. Sen (A)	A1 (A)				1. Sen (A)
19:30 - 20:00		B1 (A)	1. Sen (A)	A1 (A)		2. Sen (A)			DJK (A)	B1 (A)	3. Sen (A)		2. Sen (A)	1. Sen (A)	A1 (A)				
20:00 - 20:30		B1 (A)		A1 (A)		2. Sen (A)			DJK (A)	B1 (A)	3. Sen (A)		2. Sen (A)		A1 (A)				
20:30 - 21:00																			
21:00 - 21:30																			

LEGENDE: RH = Hauptstrasenplatz; A = Ascheplatz
 RT = Rasen neben der Tennisanlage; RK = Rasen neben den Kabinen
 U15-M = Juniorinnen; U13/U11-M = Juniorinnen
 Mini 2: Jahrgang 2003 und jünger