



Trainingsplan SAISON 2015/16



Sommer

Stand: 9. Juli 2015

		MONTAG						DIENSTAG						MITTWOCH						DONNERSTAG						FREITAG											
Zeit	Flutlicht-Rasen		KUNSTRASEN		RASEN		Zeit	Flutlicht-Rasen		KUNSTRASEN		RASEN		Zeit	Flutlicht-Rasen		KUNSTRASEN		RASEN		Zeit	Flutlicht-Rasen		KUNSTRASEN		RASEN		Zeit	Flutlicht-Rasen		KUNSTRASEN		RASEN				
	links	rechts	links	rechts	links	rechts		links	rechts	links	Mitte	rechts	links		rechts	links	rechts	links	Mitte	rechts		links	rechts	links	rechts	links	rechts		links	rechts	links	rechts	links	rechts			
16:00 - 16:15							16:00 - 16:15						16:00 - 16:15						16:00 - 16:15						16:00 - 16:15							16:00 - 16:15					
16:15 - 16:30							16:15 - 16:30						16:15 - 16:30						16:15 - 16:30						16:15 - 16:30							16:15 - 16:30					
16:30 - 16:45							16:30 - 16:45						16:30 - 16:45						16:30 - 16:45						16:30 - 16:45							16:30 - 16:45					
16:45 - 17:00							16:45 - 17:00						16:45 - 17:00						16:45 - 17:00						16:45 - 17:00							16:45 - 17:00					
17:00 - 17:15							17:00 - 17:15						17:00 - 17:15						17:00 - 17:15						17:00 - 17:15							17:00 - 17:15					
17:15 - 17:30	E2	E4	F2				17:15 - 17:30	F1	E3	G1	G2		17:15 - 17:30	F3	E1				17:15 - 17:30	E2	E4	G1	G2	F2	17:15 - 17:30	F3	F1	D2	E1	E3		17:15 - 17:30					
17:30 - 17:45							17:30 - 17:45						17:30 - 17:45						17:30 - 17:45						17:30 - 17:45							17:30 - 17:45					
17:45 - 18:00							17:45 - 18:00						17:45 - 18:00						17:45 - 18:00						17:45 - 18:00							17:45 - 18:00					
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18:45 - 19:00							18:45 - 19:00						18:45 - 19:00						18:45 - 19:00						18:45 - 19:00							18:45 - 19:00					
19:00 - 19:15							19:00 - 19:15						19:00 - 19:15						19:00 - 19:15						19:00 - 19:15							19:00 - 19:15					
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19:45 - 20:00							19:45 - 20:00						19:45 - 20:00						19:45 - 20:00						19:45 - 20:00							19:45 - 20:00					
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21:00 - 21:15							21:00 - 21:15						21:00 - 21:15						21:00 - 21:15						21:00 - 21:15							21:00 - 21:15					
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21:30 - 21:45							21:30 - 21:45						21:30 - 21:45						21:30 - 21:45						21:30 - 21:45							21:30 - 21:45					
21:45 - 22:00							21:45 - 22:00						21:45 - 22:00						21:45 - 22:00						21:45 - 22:00							21:45 - 22:00					

E-Jugend 75 Minuten

F-Jugend < 75 Minuten

G-Jugend 60 Minuten

Senioren

AH - auf Rasen

Senioren * in der Vorbereitung

Fußballkindergarten

Senioren

* Quer-Drittel des Platzes