



Stand: 30.01.2024



Trainingsplan Feld 2024 (gültig ab 15.04.24)

| Zeit | MONTAG | | | DIENSTAG | | | | | MITTWOCH | | DONNERSTAG | | | | | FREITAG | | Zeit |
|-------|----------|---------------------------|------------------|----------|----------|----------|------------|------------------|---------------|-------------------|------------|----------|------------------|------------------|---------------------|------------------|-----------|-------|
| 14:00 | Athletik | KURA unten | KURA oben | Athletik | Athletik | Athletik | KURA unten | KURA oben | KURA unten | KURA oben | Athletik | Athletik | Athletik | KURA unten | KURA oben | KURA unten | KURA oben | 14:00 |
| 15:00 | Phill | TW bei Tommy A. | | | | | | | | | | | | | | | | 15:00 |
| 16:00 | mU8 | wU8 | wU12 | | | | mU10 | mU12 | wU8 | Ballschule | | | | wU10 | Ballschule | | | 16:00 |
| 17:00 | wu8 | mU8 + TW u10 (TA) | A | | | | mU10 | mU12 | mU8 | | | | | mU10 | mU12 | | | 17:00 |
| 18:00 | wU12 | TW Training (17:00-17:45) | (A: 17:00-17:45) | | | | mU12 | wU10 | wU12 | Fördertraining KK | | | | mu14 | eE 16:45 bis 17:15 | | | 18:00 |
| 19:00 | mU16 | mU12/wU12 | A | | | | wU10 | wU14 | A | wU14/wU16 | | | mU12 | A | wU14 | | | 19:00 |
| 20:00 | mU14 | TW Training (17:45-18:45) | (A: 18:30-19:30) | | | | | wU16 | mu14 | wU16 | | | mU14 | (A: 18:30-19:15) | MMT (A:18:30-19:15) | | | 20:00 |
| 21:00 | | TW Training (18:45-19:45) | (A:17:45-18:30) | | | | | wU12 | A | wU18 | | | *Damen/ *Herren | mU16/18 | wU16 | | | 21:00 |
| 22:00 | | mU14/16/18 | (A:17:45-18:30) | | | | | wU16 | A | KK | | | Wechsel ab 19:15 | A | KK | | | 22:00 |
| | | Pigeons | | | | | | 1. Herren | Premiumtauben | 2. Herren / mU16 | | | | 1. Da | 2. Da | 1. Herren | | |
| | | MoMen | | | | | | MMT | Glucken | | | | | KK | HS | MMT | | |
| | | | | | | | | (A: 19:15-20:00) | | | | | | (A: 19:15-20:00) | (A: 19:15-20:00) | (A: 19:15-20:00) | | |

*Athletik Da/He:

Dienstag 26.3. Da bei Mario, He bei Phil, dann Wechsel

Donnerstag 28.3. Herren bei Phil,

eE- eigenständige Erwärmung

A: XX:XX-XX:XX Athletiktraining

| | Jahrgänge | | | |
|----------------|-----------|------|------|------|
| Joker (JA) | wU8 | 2016 | 2017 | mU8 |
| Joker (JA) | wU10 | 2014 | 2015 | Mu10 |
| Jonas Appa (A) | wU12 | 2012 | 2013 | Mu12 |
| Magnus (MMT) | wU14 | 2010 | 2011 | Mu14 |
| Kristian (KK) | wU16 | 2008 | 2009 | mU16 |
| Kristian (KK) | wU18 | 2006 | 2007 | mU18 |
| Henrik(HS) | 2. Damen | | | |

FREIZEITTEAMS HOCKEY

Ringeltauben - Dienstags 9:00 – 10:30 Uhr

Samstagschlenzer (unten) Samstags 10:00 – 11:30 Uhr