

Trainingsplan Fußball Saison 2019 / 2020

Gültig ab 01.08.2019

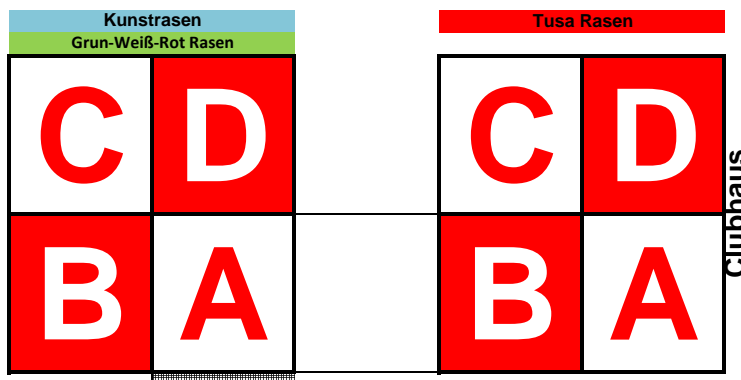
| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---------------------|---------------|-------------------------------|---------------|---------------|---------------|
| Senior/innen | | | | | |
| Frauen | 20:00 - 21:30 | 20:00 - 21:30 | | 20:00 - 21:30 | |
| Frauen 2 | 20:00 - 21:30 | 20:00 - 21:30 | | | |
| Herren I | | 20:00 - 21:30 | | 20:00 - 21:30 | 20:00 - 21:30 |
| Herren II | | | 20:00 - 21:30 | | 20:00 - 21:30 |
| AH (FS) | | | 19:30 - 21:00 | | |
| United | | | 21:00 - 22:30 | | |
| Mädchen | | | | | |
| U7 / U9 (F/G) | | 16:00 - 17:00 (bei Bedarf) | | 16:00 - 17:00 | |
| U11 (E) | | 17:00 - 18:30 | | 17:00 - 18:30 | |
| U13 (D) | 17:00 - 18:30 | | 16:30 - 18:00 | | |
| U 15 I (C) | | 18:30 - 20:00 | 18:30 - 20:00 | 18:30 - 20:00 | |
| U 15 II (C) | 18:30 - 20:00 | | 18:30 - 20:00 | | |
| U17 (B) | 18:30 - 20:00 | | | | 17:00 - 18:30 |
| Jugend | | | | | |
| A1 01/02 | | 20:00 - 21:30 | 20:00 - 21:30 | 20:00 - 21:30 | |
| B1 03/04 | | 18:30 - 20:00 | 18:00 - 19:30 | 18:30 - 20:00 | |
| B2 03/04 | | 18:30 - 20:00 | 18:00 - 19:30 | | |
| C1 05/06 | 17:00 - 18:30 | | | 18:30 - 20:00 | 18:30 - 20:00 |
| C2 05/06 | | | | 18:30 - 20:00 | 18:30 - 20:00 |
| D1 07/08 | 18:30 - 20:00 | | | | 17:00 - 18:30 |
| D2 2008 | | 17:00 - 18:30 | 16:30 - 18:00 | | |
| D3 07/08 | | 18:30 - 20:00 | | | 18:30 - 20:00 |
| E1 2009 | 17:00 - 18:30 | | | 17:00 - 18:30 | |
| E2 2009 | 17:00 - 18:30 | | | 17:00 - 18:30 | |
| E3 2010 | 17:00 - 18:30 | | | 17:00 - 18:30 | |
| E4 2010 | 17:00 - 18:30 | | | 17:00 - 18:30 | |
| F1 2011 | | 17:00 - 18:30 | | 17:00 - 18:30 | |
| F2 2011 | | 17:00 - 18:30 | | 17:00 - 18:30 | |
| F3 2012 | | 17:00 - 18:30 | | 17:00 - 18:30 | |
| F4 2012 | | 17:00 - 18:30 | | 17:00 - 18:30 | |
| G1 2013 | | | 17:00 - 18:30 | | |
| G2 2013 | | | 17:00 - 18:30 | | |
| G3 2014 (FS) | | | 17:00 - 18:30 | | |

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|--|
| Y.Tba, Co..., M.Dornbusch, H.Thönnies (TW) |
| V.Tachmatzidis, M.Dornbusch |
| D.Mader, V.Westenberg, H.Büchel (TW) |
| S.Loyda, T.Merkel |
| S.Heinen |
| S.Kienert |

| |
|----------------------------------|
| M.Winkels, B.Lengelsen, V.Becker |
| A.v.Mark, L.Röchter |
| F.Brandes, V.Becker |
| M.Italiani, M.Schmidt |
| J.Al-Hourani, C.Toppmöller |
| S.Orphanellis |

| |
|--|
| J.Jankowski, N.Fisher |
| A.Bergmann, K-H.Heser, T.Kamphausen (TW) |
| H.Hohmann, T.Cauvet |
| A.Chaouch, H.Hallen, C.Jaczewski, J.Leckebusch |
| F.Esser, S.Werner |
| M.Dornbusch, N.Schacht |
| O.Mehr, K.Schopa |
| J.Preuss, T.Cauvet |
| S.Butte, J.Alebiosu |
| A.Galanos, Aleks G., S.Andree |
| A.Hofer, N.Yavuz |
| M.Dix, M.Lange |
| T.Meissner, R.Mandziara, T.Merkel |
| M.Türk, S.Hübener |
| M.Atas, S.Tsiaousis |
| S.Kleinhans, M.Porath |
| F.Schönnenbeck, J.Schöttle |
| A.Brandkamp, B.Martins |

FS = Freundschaftsspiele

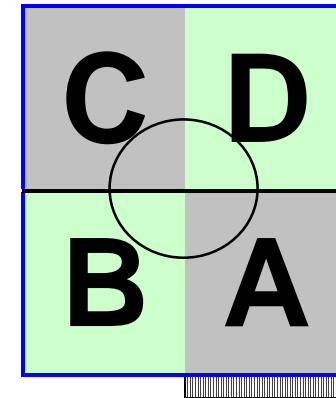


Tore bitte in die Ausbuchtungen zurückräumen

bitte nach dem Training alle Tore auf den Betonplatz stellen.

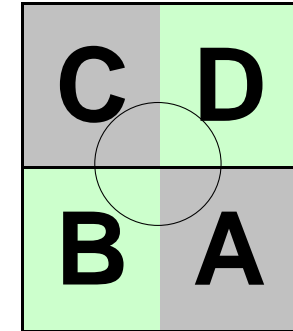
Kunstrasen

| | | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|----|----|----------|---|----------|-----|----------|-----|--------|---|----------|---|------|---|------------|-----|----------|-----|----------|---|----------|---|
| | | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D |
| 16 | 00 | | | | | U 7/9 | | | | | | | | U 7/9 | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | D 2 | | U 13 | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 17 | 00 | C 1 | | E 3 | E 4 | F 3 | F 4 | U 11 | | | | | | E 1 | E 2 | F 1 | F 2 | D 1 | | U 17 | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
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| | 45 | | | | | | | | | | | | | | | | | | | | |
| 18 | 00 | | | | | | | | | B 1 | | B 2 | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | D 1 | | U 15.2 | | D 3 | | U 15.1 | | | | | | B 1 | | U 15.1 | | C 1 | | C 2 | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 19 | 00 | | | | | | | | | | | | | | | | | | | | |
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| | 45 | | | | | | | | | | | | | | | | | | | | |
| 20 | 00 | Frauen 1 | | Frauen 2 | | Herren 1 | | A 1 | | | | | | A 1 | | Frauen 1 | | Herren 1 | | Herren 2 | |
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| 22 | 00 | | | | | | | | | | | | | | | | | | | | |
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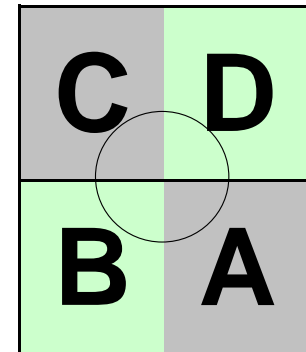
Kunstrasen

| | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|-------|--------|---|---|---|----------|---|----------|-----|----------|-----|--------|---|------------|---|------|---|---------|---|---|---|
| | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D |
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| 15 15 | | | | | | | | | | | | | | | | | | | | |
| 15 30 | | | | | | | | | | | | | | | | | | | | |
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| 16 30 | | | | | | | | | | | | | | | | | | | | |
| 16 45 | | | | | | | | | | | | | | | | | | | | |
| 17 00 | | | | | D 2 | | F 1 | F 2 | G 1 | G 2 | G 3 | | | | U 11 | | | | | |
| 17 15 | | | | | | | | | | | | | | | | | | | | |
| 17 30 | | | | | | | | | | | | | | | | | | | | |
| 17 45 | | | | | | | | | | | | | | | | | | | | |
| 18 00 | | | | | | | | | | | | | | | | | | | | |
| 18 15 | | | | | | | | | | | | | | | | | | | | |
| 18 30 | | | | | B 1 | | B 2 | | U 15 1 | | U 15 2 | | | | | | | | | |
| 18 45 | | | | | | | | | | | | | | | | | | | | |
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| 19 30 | | | | | | | | | | | | | | | | | | | | |
| 19 45 | | | | | | | | | | | | | | | | | | | | |
| 20 00 | | | | | Frauen 1 | | Frauen 2 | | Herren 2 | | A 1 | | Herren 1 | | | | | | | |
| 20 15 | | | | | | | | | | | | | | | | | | | | |
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| 22 15 | | | | | | | | | | | | | | | | | | | | |



Rasen

| | | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|----|----|--------|-----|------|---|----------|---|---|---|----------|---|---|---|------------|-----|-----|-----|---------|---|---|---|
| | | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D |
| 16 | 00 | | | | | | | | | | | | | | | | | | | | |
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| | 45 | | | | | | | | | | | | | | | | | | | | |
| 17 | 00 | E 1 | E 2 | U 13 | | | | | | | | | | F 3 | F 4 | E 3 | E 4 | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
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| 18 | 00 | | | | | | | | | | | | | | | | | | | | |
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| | 30 | U 17 | | | | | | | | | | | | C 1 | | C 2 | | D 3 | | | |
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Grün-Weiß-Rot