

Trainingsplan Fußball Saison 2020 / 2021

Gültig ab 27.07.2020

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|----------------|--------|---------------|--------------------------------------|---------------|---------------------------------|
| Frauen 1 | | 19:30 - 21:00 | | 19:00 - 20:30 | 19:30 - 21:00 |
| Frauen 2 | | | 20:30 - 22:00 (im Wechsel mit 2H) | | 19:45 - 21:15 |
| Frauen 2 | | | 19:15 - 20:30 (im Wechsel mit 2H) | | |
| Herren 1 | | 19:30 - 21:00 | | 19:30 - 21:00 | 19:30 - 21:00 (Vorbereitung) |
| Herren 2 | | | 20:30 - 22:00 (im Wechsel mit 2F) | | 20:00 - 21:30 |
| Herren 2 | | | 19:15 - 20:30 (im Wechsel mit 2F) | | |
| AH * Gruppe I | | | 19:15 - 20:30 | | |
| AH * Gruppe II | | | 19:15 - 20:30 | | |

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|--------------------------------------|
| S.Wiedon, P.Crohn, H.Thönnies (TW) |
| V.Tachmatzidis |
| V.Tachmatzidis |
| D.Mader, V.Westenberg, H.Büchel (TW) |
| S.Loyda, T.Merkel, P.Schulten |
| S.Loyda, T.Merkel, P.Schulten |
| S.Heinen, T.Kreß |
| S.Heinen, T.Kreß |

Juniorinnen

| | | | | | |
|--------------|--|---------------|---------------|---------------|---------------|
| U9 (F/G) | | 16:00 - 17:00 | | 16:00 - 17:00 | |
| U11 1 (E) | | 17:00 - 18:30 | | 18:15 - 19:30 | |
| U11 2 (E) | | | 18:00 - 19:15 | | 17:00 - 18:15 |
| U13 1 (D) | | | 18:00 - 19:15 | | 17:00 - 18:15 |
| U13 2 (D) | | 17:00 - 18:30 | | 18:15 - 19:30 | |
| U 15 1 (C) | | 18:30 - 20:00 | 18:00 - 19:15 | | 18:30 - 20:00 |
| U 15 2 (C) | | 18:30 - 20:00 | 18:00 - 19:15 | | |
| U17 (B) | | 18:30 - 20:00 | 18:00 - 19:15 | | 18:30 - 20:00 |

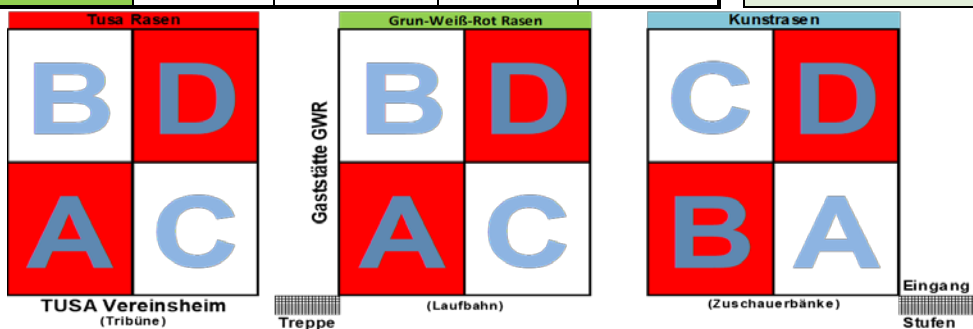
| |
|--|
| V.Becker, D.Schoenenberg plus Junior-Coaches |
| T.Nawroth |
| M.Winkels, B.Lengelsen, S.Hermes |
| F.Brandes |
| A.van Mark, L.Röchter |
| M.Italiani, J.Al-Hourani, S.Orphanellis |

Junioren

| | | | | | |
|-----------------|---------------|---------------|---------------|---------------|---------------|
| A1 2002 | | 20:00 - 21:30 | 20:45 - 22:00 | 20:30 - 22:00 | |
| A2 2003 | 20:00 - 21:30 | 20:00 - 21:30 | | | |
| B1 2004 | | 18:00 - 19:30 | 19:15 - 20:45 | | 18:15 - 19:30 |
| B2 2005 | | 18:00 - 19:30 | | 18:30 - 20:00 | |
| C1 2006 | 18:30 - 20:00 | | 18:00 - 19:15 | | 18:15 - 19:45 |
| C2 2007 | 18:30 - 20:00 | | | 18:30 - 20:00 | |
| D1 2008 | 17:00 - 18:30 | | 17:00 - 18:30 | | 17:00 - 18:30 |
| D2 2009 | 17:00 - 18:30 | | 17:00 - 18:30 | | |
| D3 08/09 | 17:00 - 18:30 | | 17:00 - 18:30 | | |
| E1 2010 | | 17:00 - 18:30 | | 17:00 - 18:15 | |
| E2 2010 | | 17:00 - 18:30 | | 17:00 - 18:15 | |
| E3/E4 2011 | | 17:00 - 18:00 | | 17:00 - 18:30 | |
| E3/E4 2011 | | 17:00 - 18:00 | | 17:00 - 18:30 | |
| F1 / F2 2012 | | 17:00 - 18:00 | | 17:00 - 18:00 | |
| F1 / F2 2012 | | 17:00 - 18:00 | | 17:00 - 18:00 | |
| F3 / F4 2013 | | | 17:00 - 18:00 | 17:00 - 18:30 | |
| F3 / F4 2013 | | | 17:00 - 18:00 | 17:00 - 18:30 | |
| G1 2014 | 17:00 - 18:30 | | | | |
| G2 2015 * (NEU) | 17:00 - 18:30 | | | | |

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|---|
| J.Jankowski, N.Fisher, K-H.Heser, F.Schönnenbeck/M.Klüsener, n.n. |
| W.Brück, H.Hohmann |
| C.Jaszewski, n.n. |
| H.Chaouch, H.Hallen |
| O.Mehr, B.Martins |
| S.Butte, J.Alebiosu, K.Schopa, M.Klüsener, n.n. |
| A.Galanos, A.Galanos, S.Andree |
| A.Hofer, N.Yavuz, n.n. |
| T.Meissner, M.Dix, R.Mandziara, T.Merkel |
| M.Türk, M.Atas, M.Piel, M.Shtilerman |
| M.Porath, V.Platonov |
| F.Schönnenbeck, M.Mehlhorn/S.Düchting |
| A.Brandkamp, n.n. |
| n.n. |

* = Freundschaftsspiele



KUNSTRASEN ab 27.07.2020

| | 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 | | | | | U7/U9 16:00 - 17:00 | | | | | | | | U7/U9 16:00 - 17:00 | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | |
| 45 | | | | | | | | | | | | | | | | | | | | |
| 17 00 | D1 | 17:00 | D2 | D3 | F1 | F2 | E3 | E4 | F3 | F4 | | | E1 | E2 | F1 | F2 | D1 | | | U13 1 |
| 15 | 17:00 - 18:30 | | | | 17:00 - 18:00 | | 17:00 - 18:00 | | 17:00 - 18:00 | | | | 17:00 - 18:15 | | 17:00 - 18:00 | | 17:00 - 18:30 | | 17:00 - 18:15 | |
| 30 | | | | | | | | | | | | | | | | | | | | |
| 45 | | | | | | | | | | | | | | | | | | | | |
| 18 00 | | | | | B1 | | B2 | | U15-1 / U15-2 / U17 | | U13 1 | U11-2 | | | Mädchengruppen Sondertraining | | | | | |
| 15 | | | | | 18:00 - 19:30 | | 18:00 - 19:30 | | 18:00 - 19:15 | | 18:00 - 19:15 | | | | 18:00 - 19:00 | | | | | C1 |
| 30 | C1 | | C2 | | | | | | | | | | U11 I | | U13 II | | U15-1 / U17 | | 18:15 - 19:45 | |
| 45 | 18:30 - 20:00 | | | | | | | | | | | | 18:15 - 19:30 | | 18:30 - 20:00 | | 18:30 - 20:00 | | | |
| 19 00 | | | | | Herren 1 | | Frauen 1 | | AH | | | | | | Frauen 1 | | | | | |
| 15 | | | | | 19:30 - 21:00 | | 19:30 - 21:00 | | 19:15 - 20:30 | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 20 00 | A2 | | | | | | | | | | | | | | Frauen 1 | | | | | |
| 15 | 20:00 - 21:30 | | | | | | | | | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 21 00 | | | | | | | | | Frauen 2 / Herren 2 14-tägig im Wechsel | | | | | | Frauen 1 | | | | | |
| 15 | | | | | | | | | 20:30 - 22:00 | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 22 00 | | | | | | | | | | | | | | | Frauen 1 | | | | | |
| 15 | | | | | | | | | | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 22 00 | | | | | | | | | | | | | | | Frauen 1 | | | | | |
| 15 | | | | | | | | | | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 22 00 | | | | | | | | | | | | | | | Frauen 1 | | | | | |
| 15 | | | | | | | | | | | | | | | 19:00 - 20:30 | | | | | |
| 30 | | | | | | | | | | | | | | | Herren 1 | | | | | |
| 45 | | | | | | | | | | | | | | | 19:30 - 21:00 | | | | | |
| 22 00 | | | | | | | | | | | | | | | Frauen 1 | | | | | |
| 15 | | | | | | | | | | | | | | | 19:00 - 20:30 | | | | | |

G W R NATURRASEN ab 27.07.2020

| | | 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 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 17 | 00 | G1 17:00 - 18:30 | G2 17:00 - 18:30 | | | E1 17:00 - 18:30 | E2 17:00 - 18:30 | U11 I 17:00 - 18:30 | U13 II 17:00 - 18:30 | D2 17:00 - 18:30 | D3 17:00 - 18:30 | D1 17:00 - 18:30 | E3 17:00 - 18:30 | E4 17:00 - 18:30 | F3 17:00 - 18:30 | F4 17:00 - 18:30 | U11 II 17:00 - 18:15 | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 18 | 00 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | Betriebssport GWR 18:30 - 21:00 | | | | Betriebssport GWR 18:30 - 21:00 | | | | C2 18:30 - 20:00 | B2 18:30 - 20:00 | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 19 | 00 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 20 | 00 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 21 | 00 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |
| | 30 | | | | | | | | | | | | | | | | | | | | |
| | 45 | | | | | | | | | | | | | | | | | | | | |
| 22 | 00 | | | | | | | | | | | | | | | | | | | | |
| | 15 | | | | | | | | | | | | | | | | | | | | |

Torwartraining
16:00 - 19:30

Frauen 1
19:30 - 21:00

in der Vorbereitungszeit bis Anfang
September gemeinsam mit Herren 1