

SVS Trainingsplan Herbst 2017

(G) ... Training findet in Gumpreding statt!

TOR ... Torspielertraining (Nico Tezzele)

U14Bi ... Individualtraining U14B (Tom Rieger)

U8-U11i ... Individualtraining U8-U11 (Berni Rösslhuber)

	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				
	KLEIN		GROSS		KLEIN		GROSS		KLEIN		GROSS		KLEIN		GROSS		KLEIN		GROSS		
15:00-15:15																					15:00-15:15
15:15-15:30																					15:15-15:30
15:30-15:45																			U10		15:30-15:45
15:45-16:00																			U10		15:45-16:00
16:00-16:15		U6						U7							U7				U10		16:00-16:15
16:15-16:30		U6						U7							U7				U10		16:15-16:30
16:30-16:45		U6	U8-U11i	U8	U14B		U9	U7					U9		U7	TOR	U8		U10		16:30-16:45
16:45-17:00		U6	U8-U11i	U8	U14B		U9	U7					U9		U7	TOR	U8		U10		16:45-17:00
17:00-17:15	U14A		U8-U11i	U8/U12	U14B	U10	U9	U7		U11		U14B	U9	U12	U7	TOR	U8	U11	U14i(G)		17:00-17:15
17:15-17:30	U14A		U8-U11i	U8/U12	U14B	U10	U9			U11		U14B	U9	U12		TOR	U8	U11	U14i(G)		17:15-17:30
17:30-17:45	U14A		U8-U11i	U8/U12	U14B	U10	U9		U14A(G)	U11		U14B	U9	U12	U14A	TOR	U8	U11	U14i(G)	RLW	17:30-17:45
17:45-18:00	U14A			U8/U12	U14B	U10	U9		U14A(G)	U11		U14B	U9	U12	U14A	TOR	U8	U11	U14i(G)	RLW	17:45-18:00
18:00-18:15	U14A			U12		U10			U14A(G)	U11		U14B		U12	U14A			U11	U14i(G)	RLW	18:00-18:15
18:15-18:30	U14A			U12		U10			U14A(G)	U11		U14B		U12	U14A			U11	U14i(G)	RLW	18:15-18:30
18:30-18:45	U14A	U16	RLW				RLW		U14A(G)	U16			U16(G)		U14A	RLW				RLW	18:30-18:45
18:45-19:00	U14A	U16	RLW				RLW		U14A(G)	U16			U16(G)		U14A	RLW				RLW	18:45-19:00
19:00-19:15	1b	U16	RLW		1b(G)	AH	RLW			U16	1b (opt)		U16(G)	1b		RLW					19:00-19:15
19:15-19:30	1b	U16	RLW		1b(G)	AH	RLW			U16	1b (opt)		U16(G)	1b		RLW					19:15-19:30
19:30-19:45	1b	U16	RLW	U17(G)	1b(G)	AH	RLW		Ladies	U16	1b (opt)	U17	U16(G)	1b	U17	RLW					19:30-19:45
19:45-20:00	1b	U16	RLW	U17(G)	1b(G)	AH	RLW		Ladies	U16	1b (opt)	U17	U16(G)	1b	U17	RLW					19:45-20:00
20:00-20:15	1b			U17(G)	1b(G)	AH			Ladies		1b (opt)	U17		1b	U17						20:00-20:15
20:15-20:30	1b			U17(G)	1b(G)	AH			Ladies		1b (opt)	U17		1b	U17						20:15-20:30
20:30-20:45				U17(G)		AH			Ladies			U17			U17						20:30-20:45
20:45-21:00				U17(G)		AH			Ladies			U17			U17						20:45-21:00
Kabinen	U6	x	U14B		U6		U14B	5	U6		U14B	2	U6		U14B		U6		U14B	2	Kabinen
	U7	x	U16	6	U7	x	U16		U7		U16	6	U7	x	U16	6	U7		U16		
	U8		U17	5	U8		U17		U8		U17	5	U8		U17	5	U8		U17		
	U9		1b	3	U9	x	1b	3	U9		1b	3	U9	x	1b	3	U9		1b		
	U10		RLW	4	U10		RLW	4	U10		RLW		U10		RLW	4	U10	6	RLW	4	
	U11		TorTR		U11		TorTR	x	U11	5	TorTR		U11		TorTR		U11	5	TorTR		
	U12	5	Ladies		U12		Ladies		U12		Ladies	2	U12	5	Ladies		U12		Ladies		
	U14A	2	AH		U14A		AH	2	U14A	2	AH		U14A	2	AH		U14A		AH		

ACHTUNG: Freitags, 2 Stunden vor Spielen der Kampfmannschaft (RLW) oder der 1b ist in Aug kein Training möglich! Alternative: Gumperding!