

SVS Trainingsplan Herbst 2018

GUMP ... Trainingsplätze Gumperting

TOR ... TorspielerTraining mit Sakib Hasanovic

HPB ... Hans Peter Berger Torwartsschule

KLEIN ... Trainingsplatz Klein AUG

KUNST ... Kunstrasenplatz AUG



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag				
	KLEIN	KUNST	GUMP	KLEIN	KUNST	GUMP	KLEIN	KUNST	GUMP	KLEIN	KUNST	GUMP	KLEIN	KUNST	GUMP		
15:00-15:15															U11	15:00-15:15	
15:15-15:30															U11	15:15-15:30	
15:30-15:45															U11	15:30-15:45	
15:45-16:00															U11	15:45-16:00	
16:00-16:15	U6	U5	HPB											U9	U11	16:00-16:15	
16:15-16:30	U6	U5	HPB											U9	U11	16:15-16:30	
16:30-16:45	U6	U5	HPB			U7	U9	U8			U8	U7		U12	U9	16:30-16:45	
16:45-17:00	U6	U5	HPB			U7	U9	U8	U10		U8	U10	U7		U12	U9	16:45-17:00
17:00-17:15	U14A		U14B	HPB	U12		U7	U9	U8	U10		U14B	U12		U12	U9	17:00-17:15
17:15-17:30	U14A		U14B	HPB	U12		U7	U9	U8	U10	U11	U14B	U12		U12	U9	17:15-17:30
17:30-17:45	U14A		U14B		TOR	U12		U7	U9	U8	U10			TOR	U12		17:30-17:45
17:45-18:00	U14A		U14B		TOR	U12		U7	U9	U8	U10			TOR	U12		17:45-18:00
18:00-18:15	U14A		U14B		TOR	U12	U16B	U10		U11	U14B	U12	U14A	TOR			18:00-18:15
18:15-18:30	U14A		U14B		TOR	U12	U16B			U11	U14B	U12	U14A	TOR			18:15-18:30
18:30-18:45	RLW				TOR	U16A	U16B		RLW	U16B			U16A	U14A	TOR		18:30-18:45
18:45-19:00	RLW				TOR	U16A	U16B		RLW	U16B			U16A	U14A	TOR		18:45-19:00
19:00-19:15	RLW	1b	U17	TOR	U16A	U16B		U16B	AH		1b	U17	U16A	U14A	TOR		19:00-19:15
19:15-19:30	RLW	1b	U17	TOR	U16A	U16B		U16B	AH		1b	U17	U16A	U14A	TOR		19:15-19:30
19:30-19:45	RLW	1b	U17		U16A				AH		1b	U17	U16A	D			19:30-19:45
19:45-20:00	RLW	1b	U17		U16A				AH		1b	U17	U16A	D			19:45-20:00
20:00-20:15		1b	U17						AH		1b	U17		D			20:00-20:15
20:15-20:30		1b	U17						AH		1b	U17		D			20:15-20:30
20:30-20:45									AH					D			20:30-20:45
20:45-21:00									AH					D			20:45-21:00



Kabinen	U7	U16A	GU	U7	x	U16A	U7	U16A	6	U7	x	U16A	6	U7	U16A				
	U8	U16B	GU	U8	x	U16B	5	U8	U16B		U8	x	U16B	5	U8	U16B			
	U9	U17	5	U9	x	U17		U9	U17	5	U9	U17	GU	U9	x	U17			
	U10	1b	3	U10	x	1b		U10	1b	3	U10	x	1b	3	U10	1b			
	U11	RLW	4	U11		RLW	4	U11	5	RLW		U11	RLW	4	U11	x	RLW	4	
	U12	GU	TOR		U12		TOR		U12	x	TOR		U12	TOR		U12	x	TOR	
	U14A	2	D		U14A		D		U14A	2	D	2	U14A	2	D		U14A	D	
U14B	5	AH		U14B		AH	2	U14B	5	AH		U14B	AH		U14B	AH			

Kabinen

ACHTUNG: Freitags, 1 Stunde vor Spielen der Kampfmannschaft (RLW) ist in Aug kein Training möglich! Alternative: Gumperting!