

2025 Feld Trainingsplan

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
	A	B	A	B	A	B	A	B	A	B
15.00 - 15.30					NHV Kader					
15.30 - 16.00										
16.00 - 16.30	mU8	mU10	wU8	wU10					w U10 3/4	1/4 TW
16.30 - 17.00	15:30 - 17:30	15:30 - 17:30	15:30 - 17:30	15:30 - 17:30			wU12 16:00 - 18:00		15:30 - 17:30	15:30 - 17:00
17.00 - 17.30										
17.30 - 18.00	mU12	mU14	wU12	wU14			mU14 18:00 - 19:30		mU12	wU14
18.00 - 18.30	17:30 - 19:00	17:30 - 19:00	17:30 - 19:00	17:30 - 19:30					17:30 - 19:30	17:30 - 19:30
18.30 - 19.00							1. Damen 19:30 - 22:00			
19.00 - 19.30	wU16/18	2.Damen								
19.30 - 20.00	19:00 - 20:30	19:00 - 20:30	1. Damen 19:30-22:00		wU16/wu 18	Eckentraining			Punktspiele ab 19:30 (Warmup 19:00 Uhr)	
20.00 - 20.30					2.Damen	20:00-21:30				
20.30 - 21.00										
21.00 - 21.30										
21.30 - 22.00							1. Damen 19:30 - 22:00		Punktspiele ab 19:30 (Warmup 19:00 Uhr)	

	Samstag	
	A	B
10:00 - 10:30		
10:30 - 11:00	Wusel	wU8
11:00 - 11:30		
11:30 - 12:00		
12:00 - 12:30	mU8	mU10
12:30 - 13:00		