Trainingsplan Feld 2020

gültig ab 16. März 2020

29.01.20

Montag

Vossberg		Trainingszentrum Langenhorn					
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2	Athletik	Hockeyhalle
15:00-16:30 MD 2012/2013	15:00-16:30 KD 2012/2013						14:30-16:00 Ballschule
16:30-17:45 MA OL	16:30-17:45 MB OL/VL	17:00-19:30 MJA				16:45-17:45 U14 AC	16:30-17:30 KD/MD 2012/13
17:45-19h15 MB RL	17:45-19h15 WJB OL					17:45-18:45 U16 AC	17:15-20:00 Speedfactory
19:15-20:45 WJB RL	19:15-20:45 MA RL	19:30-21:30 Lacrosse Herren B	19:30-21:30 Lacrosse Damen B				
20:45-22:30 Hockey Freizeitteams	20:45-22:30 Hockey Freizeitteams	21:30-22:30 Hockey Freizeitteams	21:30-22:30 Hockey Freizeitteams				

Dienstag

Vossberg		Trainingszentrum Langenhorn					
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2	Athletik	Hockeyhalle
14:00-15:30 Bambini 2014/15							
15:30-16:45 MC 2010	15:30-16:45 MC 2011	15:30-16:45 MB Tehnik				16:00-17:00 U14 AC	15:30-17:45 Speedfactory
16:45-18:00 KC 2010	16:45-18:00 KC 2011	16:45-18:00 KB RL	16:45-18:00 KB OL		16:30-19:15 Speedfactory	17:00-18:00 U16 AC	
18:00-19:30 WJA	18:00-19:30 MJB VL	18:00-19:15 KA RL	18:00-19:15 KA OL	17:30-19:00 Lacrosse Jugend Stadtpark			
19:30-21:00 1. Damen		19:15-20:30 MJB RL					
21:00-22:30 1. Herren		20:30-22:30 Lacrosse Herren A	20:30-22:30 Lacrosse Damen A				

Mittwoch

Vossberg		Trainingszentrum Langenhorn					
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2	Athletik	Hockeyhalle
14:45-15:45 MA RL Technik	14:45-15:45 WJB RL Technik						
15:45-17:00 KB Technik		16:00-17:30 MB RL	16:00-17:30 MB OL				
17:00-18:15 KB RL	17:00-18:15 KB OL/VL	17:30-19:00 MA OL	17:30-19:00 MA VL	16:45-19:45 Speedfactory		17:00-18:00 U10 AC	16:30-19:15 Speedfactory
18:15-19:30 MJA						18:00-19:00 U12 AC	
19:30-21:00 2. Damen WJA		19:00-20:30 WJB OL	19:00-20:30 WJB VL	19:00-20:30 Lacrosse Herren B	19:00-20:30 Lacrosse Damen B	19:00-20:00 1. Damen AC	
21:00-22:30 3. Herren 3. Damen	21:00-22:30 4. Herren	20:30-22:00 2. Herren					

Donnerstag

Vossberg		Trainingszentrum Langenhorn						
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2	JKB	Athletik	Hockeyhalle
14:30-15:45 MD 2012/2013	14:30-15:45 KD 2012/2013							14:15-15:45 Ballschule
15:45-17:00 KC 2010	15:45-17:00 KC 2011				16:00-19:00 Speedfactory		16:00-17:00 U12 AC	15:45-17:15 KD/MD 2012/13
17:00-18:15 MC 2010	17:00-18:15 MC 2011	17:00-18:30 KA RL erw.					17:00-18:00 U10 AC	
18:15-19h30 MJB RL	18:15-19h30 KA RL	18:30-20:00 WJB RL erw.		17:30-19:00 Lacrosse Jugend Stadtpark			18:00-19:00 U18 AC	
19:30-21:00 1. Herren		20:00-22:00 Lacrosse Herren A	20:00-22:00 Lacrosse Damen A					
21:00-22:30 1. Damen								

Freitag

Vossberg		Trainingszentrum Langenhorn					
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2	Athletik	Hockeyhalle
13:45-15:00 Bambini 2014/15							
15:00-16:15 MB VL	15:00-16:15 KB VL	14:30-16:00 MD 2012/2013	14:30-16:00 KD 2012/2013				
16:15-17:30 MA VL	16:15-17:30 KA OL	16:00-17:30 KC 2010	16:00-17:30 KC 2011				16:30-19:00 Speedfactory
17:30-18:45 KA RL		17:30-19:00 MC 2010	17:30-19:00 MC 2011				
18h45-20:15 MJB RL		19:00-22:00 Punktspiele					
20:15-21:45 2. Herren							

Feldsaison 2020

Mannschaften

MJA	2002/2003	RL	1
MJB	2004/2005	RL	1
KA	2006/2007	RL/OL	2
KB	2008/2009	RL/2xOL/VL	4
KC	2010/2011	4xSR	5
KD	2012/2013	4xSR	4
WJA	2002/2003	RL	1
WJB	2004/2005	RL/OL/VL/VL	3
MA	2006/2007	RL/OL/VL	3
MB	2008/2009	RL/OL/2xVL	4
MC	2010/2011	4xSR	4
MD	2012/2013	4xSR	4
Bambini	2014/2015		

9:00-9:15
9:15-9:30
9:30-9:45
9:45-10:00
10:00-10:15
10:15-10:30
10:30-10:45
10:45-11:00
11:00-11:15
11:15-11:30
11:30-11:45
11:45-12:00
12:00-12:15
12:15-12:30
12:30-12:45
12:45-13:00
13:00-13:15
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17:30-17:45
17:45-18:00
18:00-18:15
18:15-18:30
18:30-18:45
18:45-19:00
19:00-19:15
19:15-19:30
19:30-19:45
19:45-20:00

Samstag

Vossberg		Trainingszentrum Langenhorn			
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2
09:00-11:00 MJB/KA 2-Wochen Turnus	09:00-11:00 KB/MA 2-Wochen Turnus	09:00-11:00 MJB/KA 2-Wochen Turnus	09:00-11:00 KB/MA 2-Wochen Turnus		
11:00-20:00 Spielbetrieb					

Sonntag

Vossberg		Trainingszentrum Langenhorn			
VB KR 1	VB KR 2	LH KR 1	LH KR 2	LH NR 1	LH NR 2
08:00-10:00 Training Jugend n. Bedarf		9:00-17:00 Spielbetrieb			
10:00-20:00 Spielbetrieb					
		17:00-19:00 Lacrosse			