Trainingsplan VfB Solingen

Saison 2019/2020

gültig ab 09.09.2019 Stand 08.09.2019

VfB-Team	Jg	T	Liga	Total	Montag	Platz	Kab.	Dienstag	Platz	Kab.	Mittwoch	Platz	Kab.	Donnerstag	Platz	Kab.	Freitag	Platz	Kab.
G2 / U 6	14	Giu	KK	135							16.30 - 17.45	VP	1				16.30 - 17.30	2 1/2	1
G1 / U 7	13	Inno	KK	135				17.00 - 18.15	1 1/2	2							16.30 - 17.30	VP	1
F4 / U 8	12	?	KK	150	16.30 - 18.00	1 1/2	1										16.30 - 17.30	2 1/2	4
F3 / U 8	12	Ron	KK	180	16.30 - 17.30	VP	1										16.00 - 18.00	1 1/2	3
F2 / U 9	11	Vinc	KK	165	im Wechsel			16.45 - 18.15	1 1/2	3							17.30 - 18.45	VP	2
F1 / U 9	11	And	KK	150				16.30 - 17.30	VP	2				16.30 - 18.00	1 1/2	1			
E1 / D1 Mä		Fran	U11	105										16.30 - 18.15	2.	3			
E4 / U 10	10	Toni	KK	180	16.30 - 18.00	2 1/2	2										16.15 - 17.45	1 1/2	2
E3 / U 10	10	Mar	KK	165				16.45 - 18.15	2 1/2	1	17.45 - 19.00	VP	3						
E2 / U 11	9	Olli	KK	150				16.45 - 18.15	2 1/2	1				16.30 - 17.30	1 1/2	2			
E1 / U 11	9	Sas	KK	250	16.30 - 18.00	2 1/2	2				16.30 - 18.00	.1	2	16.30 - 17.30	VP	1			
D4 / U 12	8	?	KK	150	16.30 - 18.00	1 1/2	1							17.30 - 18.30	VP	2			
D 3 / U 12	8	Cem	KK	135				17.30 - 18.30	VP	2				17.30 - 18.45	.1	3			
D2 / U 13	7	Dimi	KK	165				18.15 - 19.45	.1	4				18.30 - 19.45	1	4			
D1 / U 13	7	Ang	LK	285	17.30 - 18.50	VP	2				16.45 - 18.30	.2	1				18.00 - 19.30	BRA	
C3 / U 15	6	Paol	KK	165				18.30 - 19.45	VP	2				18.15 - 19.45	2	4			
C2 / U 14	6	Heik	KK	165				18.15 - 19.45	2	3				18.30 - 19.45	VP	3			
C1 / U 15	5	Asm	LK	250	18.50 - 20.00	VP	1				18.00 - 19.45	1	4				17.30 - 18.45	2	4
B2 / U 16	4	Soti	KK	240	20.00 - 21.15	VP	2				18.00 - 19.30	BRA					17.45 - 19.00	1	3
B1 / U 17	3	Seb	LK	180							18.15 - 19.45	.2	3				18.45 - 20.15	2	2
A 2 / U 18	2	Jörg	KK	210							19.45 - 21.15	2	4				19.00 - 21.00	1/VP	3
A1 / U 19	1	Pier	LK	250	19.30 - 21.15	1	1				19.45 - 21.15	1	1				18.45 - 19.45	VP	4
I. Herren		And	LL	270				19.45 - 21.15	1	1				19.45 - 21.15	1	1	19.45 - 21.15	1	1
II. Herren		Ersi	B	180				19.45 - 21.15	2	2				19.45 - 21.15	2	2			
Alte - Herren I		Jür		135							19.00 - 21.15	VP	2						
Alte - Herren II		And		90										19.45 - 21.15	VP	3			
Damen		Tho		90				19.45 - 21.15	VP	4									
HC Wald				90	19.45 - 21.15	2	3												
Hobby				90	18.00 - 19.30	1+2	3+4												