

## Sommertrainingsplan Saison 2020/21

| Montag        | WLS 1    | WLS 2 | ST 1 | ST 2 | ST 3 | ST 4 | MA 1     | MA 2     | KUST      | KÄF   | TT |
|---------------|----------|-------|------|------|------|------|----------|----------|-----------|-------|----|
| 16:00 - 16:30 |          |       |      |      |      |      |          |          |           |       |    |
| 16:30 - 17:00 |          |       |      |      |      |      |          |          |           |       |    |
| 17:00 - 17:30 | U12/1    |       |      |      |      |      |          | SG U12/3 | JSG U7/U6 |       |    |
| 17:30 - 18:00 | SG U12/2 | U16/2 |      |      |      |      | SG U11/2 | SG U12/3 | JSG U7/U6 |       |    |
| 18:00 - 18:30 | U12/1    | U16/2 |      |      |      |      | SG U11/2 | SG U12/3 | JSG U7/U6 |       |    |
| 18:30 - 19:00 | U17      | U16/2 |      |      |      |      | SG U11/2 | U18      | U10/1     | U16/1 |    |
| 19:00 - 19:30 | U17      | FV 1  |      |      |      |      | VfR FF   | U18      | U10/1     | U16/1 |    |
| 19:30 - 20:00 | U17      | FV 1  |      |      |      |      | VfR FF   | U18      | U10/1     | U16/1 |    |
| 20:00 - 20:30 | AH       | FV 1  |      |      |      |      | VfR FF   |          |           |       |    |
| 20:30 - 21:00 | AH       |       |      |      |      |      |          |          | Reserve   |       |    |
| 21:00 - 21:30 | AH       |       |      |      |      |      |          |          |           |       |    |

| Dienstag      | WLS 1 | WLS 2 | ST 1     | ST 2 | ST 3 | ST 4 | MA 1     | MA 2     | KUST 1     | KÄF   | TT |
|---------------|-------|-------|----------|------|------|------|----------|----------|------------|-------|----|
| 16:00 - 16:30 |       |       |          |      |      |      |          |          |            |       |    |
| 16:30 - 17:00 | U11/1 |       |          |      |      |      |          |          |            |       |    |
| 17:00 - 17:30 | U11/1 | U13/1 | SG U10/2 | U9/1 | U9/2 |      |          | SG U12/2 | JSG U8/1/2 | U15/1 | FW |
| 17:30 - 18:00 | U11/1 | U13/1 | SG U10/2 | U9/1 | U9/2 |      | SG U13/2 | SG U12/2 | JSG U8/1/2 | U15/1 | FW |
| 18:00 - 18:30 | U19   | U13/1 | SG U10/2 | U9/1 | U9/2 |      | SG U13/2 | SG U12/2 | JSG U8/1/2 | U15/1 | FW |
| 18:30 - 19:00 | U19   | U17   |          |      |      |      | SG U13/2 | U14/1    |            |       | SH |
| 19:00 - 19:30 | U19   | U17   |          |      |      |      | VfR 1    | U14/1    | Reserve    |       | SH |
| 19:30 - 20:00 | U19   | U17   |          |      |      |      | VfR 1    | U14/1    |            |       | SH |
| 20:00 - 20:30 | FV 2  | FV 3  |          |      |      |      | VfR 1    |          |            |       |    |
| 20:30 - 21:00 | FV 2  | FV 3  |          |      |      |      |          |          | Reserve    |       |    |
| 21:00 - 21:30 | FV 2  | FV 3  |          |      |      |      |          |          |            |       |    |

| Mittwoch      | WLS 1 | WLS 2 | ST 1 | ST 2 | ST 3 | ST 4 | MA 1      | MA 2     | KUST 1 | KÄF | TT |
|---------------|-------|-------|------|------|------|------|-----------|----------|--------|-----|----|
| 16:00 - 16:30 |       |       |      |      |      |      |           |          |        |     |    |
| 16:30 - 17:00 |       | U15/1 |      |      |      |      |           |          | ML     |     |    |
| 17:00 - 17:30 |       | U15/1 |      |      |      |      | JSG U7/U6 | SG U12/3 | ML     |     |    |
| 17:30 - 18:00 | U14/1 | U15/1 |      |      |      |      | JSG U7/U6 | SG U12/3 | ML     |     |    |
| 18:00 - 18:30 | U14/1 | U16/1 |      |      |      |      | JSG U7/U6 | SG U12/3 | U12/1  |     |    |
| 18:30 - 19:00 | U14/1 | U16/1 |      |      |      |      |           |          | U12/1  |     |    |
| 19:00 - 19:30 | FV 1  | U16/1 |      |      |      |      | VfR 1     | VfR 2    | U12/1  |     |    |
| 19:30 - 20:00 | FV 1  | FV 1  |      |      |      |      | VfR 1     | VfR 2    |        |     |    |
| 20:00 - 20:30 | FV 1  | FV 1  |      |      |      |      | VfR 1     | VfR 2    | Reha   |     |    |
| 20:30 - 21:00 |       | FV 4  |      |      |      |      | VfR Ü32   |          | Wolle  |     |    |
| 21:00 - 21:30 |       | FV 4  |      |      |      |      | VfR Ü32   |          |        |     |    |
| 21:30 - 22:00 |       | FV 4  |      |      |      |      | VfR Ü32   |          |        |     |    |

| Donnerstag    | WLS 1 | WLS 2 | ST 1 | ST 2 | ST 3  | ST 4 | MA 1     | MA 2     | KUST 1    | KÄF | TT |
|---------------|-------|-------|------|------|-------|------|----------|----------|-----------|-----|----|
| 16:00 - 16:30 |       |       |      |      |       |      |          |          |           |     |    |
| 16:30 - 17:00 |       |       |      |      |       |      |          |          |           |     |    |
| 17:00 - 17:30 | U13/1 | U15/1 | U9/1 |      | U10/1 |      |          | SG U13/2 | U9/2      |     |    |
| 17:30 - 18:00 | U13/1 | U15/1 | U9/1 |      | U10/1 |      | SG U11/2 | SG U13/2 | U9/2      |     |    |
| 18:00 - 18:30 | U13/1 | U15/1 | U9/1 |      | U10/1 |      | SG U11/2 | SG U13/2 | U9/2      |     |    |
| 18:30 - 19:00 | U19   | U18   |      |      | U10/1 |      | SG U11/2 |          |           |     |    |
| 19:00 - 19:30 | U19   | U18   |      |      |       |      | U17      | U16/1    | Reserve   |     | FW |
| 19:30 - 20:00 | U19   | U18   |      |      |       |      | U17      | U16/1    |           |     | FW |
| 20:00 - 20:30 | FV 2  | FV 3  |      |      |       |      | U17      | U16/1    |           |     | FW |
| 20:30 - 21:00 | FV 2  | FV 3  |      |      |       |      |          |          | AZ Jörges |     |    |
| 21:00 - 21:30 | FV 2  | FV 3  |      |      |       |      |          |          |           |     |    |

| Freitag       | WLS 1 | WLS 2 | ST 1  | ST 2  | ST 3 | ST 4 | MA 1       | MA 2     | KUST 1 | KÄF | TT |
|---------------|-------|-------|-------|-------|------|------|------------|----------|--------|-----|----|
| 16:00 - 16:30 |       |       |       |       |      |      | JSG U8/1/2 |          |        |     |    |
| 16:30 - 17:00 | U12/1 |       |       | U11/1 |      |      | JSG U8/1/2 |          |        |     |    |
| 17:00 - 17:30 | U12/1 | U14/1 | U16/2 | U11/1 |      |      | JSG U8/1/2 | SG U10/2 | U11/1  |     |    |
| 17:30 - 18:00 | U12/1 | U14/1 | U16/2 | U11/1 |      |      | SG U12/2   | SG U10/2 | U11/1  |     |    |
| 18:00 - 18:30 | U19   | U14/1 | U16/2 | U11/1 |      |      | SG U12/2   | SG U10/2 | U11/1  |     |    |
| 18:30 - 19:00 | U19   | FV 1  |       |       |      |      | SG U12/2   | VfR 2    |        |     |    |
| 19:00 - 19:30 | U19   | FV 1  |       |       |      |      | VfR 1      | VfR 2    |        |     |    |
| 19:30 - 20:00 | FV 2  | FV 1  |       |       |      |      | VfR 1      | VfR 2    |        |     |    |
| 20:00 - 20:30 | FV 2  | FV 4  |       |       |      |      | VfR 1      | VfR AH   |        |     |    |
| 20:30 - 21:00 | FV 2  | FV 4  |       |       |      |      |            | VfR AH   |        |     |    |
| 21:00 - 21:30 |       | FV 4  |       |       |      |      |            |          |        |     |    |

|             |                         |            |
|-------------|-------------------------|------------|
| <b>WLS</b>  | Walter-Lück-Sportanlage | Kunstrasen |
| <b>ST</b>   | Wiehltalstadion         | Naturrasen |
| <b>MA</b>   | Enselskamp              | Kunstrasen |
| <b>KUST</b> | Wiehltalstadion         | Kunstrasen |
| <b>KÄF</b>  | Fußballkäfig            | Kunstrasen |