Trainingsplan Willi-Vieler-Stadion • Saison 2017/18 • FC Iserlohn 46/49 e.V.

Montag

	Platz 1	Kabine	Platz 2	Kabine	Kleinfeld	Kabine
15:30-15:45						
15:45-16:00						
16:00-16:15						
16:15-16:30						
16:30-16:45						
16:45-17:00						
17:00-17:15	U14/U15	AB H	C4	AB G	F Alt	---
17:15-17:30	U14/U15	AB H	C4	AB G	F Alt	---
17:30-17:45	U14/U15	AB H	C4	AB G	F Alt	---
17:45-18:00	U14/U15	AB H	C4	AB G	F Alt	---
18:00-18:15	U14/U15	AB H	C4	AB G	F Alt	---
18:15-18:30	U14/U15	AB H	C4	AB G	F Alt	---
18:30-18:45	U19	NB G	U16/U17	NB H	TW	---
18:45-19:00	U19	NB G	U16/U17	NB H	TW	---
19:00-19:15	U19	NB G	U16/U17	NB H	TW	---
19:15-19:30	U19	NB G	U16/U17	NB H	TW	---
19:30-19:45	U19	NB G	U16/U17	NB H	TW	---
19:45-20.00	U19	NB G	U16/U17	NB H	TW	---
20:00-20:15						
20:15-20:30						
20:30-20:45						
20:45-21:00						
21:00-21:15						
21:15-21:30						
21:30-21:45						
21:45-22:00						

Dienstag

	Platz 1	Kabine	Platz 2	Kabine	Kleinfeld	Kabine
15:30-15:45						
15:45-16:00						
16:00-16:15						
16:15-16:30						
16:30-16:45						
16:45-17:00						
17:00-17:15	U13/U12	AB H			U13/U12	AB H
17:15-17:30	U13/U12	AB H			U13/U12	AB H
17:30-17:45	U13/U12	AB H	U15	AB G	U13/U12	AB H
17:45-18:00	U13/U12	AB H	U15	AB G	U13/U12	AB H
18:00-18:15	U13/U12	AB H	U15	AB G	U13/U12	AB H
18:15-18:30	U13/U12	AB H	U15	AB G	U13/U12	AB H
18:30-18:45	U17	NB G	U15	AB G	TW	---
18:45-19:00	U17	NB G	U15	AB G	TW	---
19:00-19:15	U17	NB G	2.	NB H	TW	---
19:15-19:30	U17	NB G	2.	NB H	TW	---
19:30-19:45	U17	NB G	2.	NB H	TW	---
19:45-20.00	U17	NB G	2.	NB H	TW	---
20:00-20:15	4.	AB G	2.	NB H	TW	---
20:15-20:30	4.	AB G	2.	NB H	TW	---
20:30-20:45	4.	AB G	1.	AB H	TW	---
20:45-21:00	4.	AB G	1.	AB H	TW	---
21:00-21:15	4.	AB G	1.	AB H	TW	---
21:15-21:30	4.	AB G	1.	AB H	TW	---
21:30-21:45			1.	AB H		
21:45-22:00			1.	AB H		

Mittwoch

	Platz 1	Kabine	Platz 2	Kabine	Kleinfeld	Kabine
15:30-15:45	F Jung	---				
15:45-16:00	F Jung	---				
16:00-16:15	F Jung	---	E Jung	NB G		
16:15-16:30	F Jung	---	E Jung	NB G		
16:30-16:45	F Jung	---	E Alt/Jung	NB H/G		
16:45-17:00	F Jung	---	E Alt/Jung	NB H/G		
17:00-17:15	U15 U14	AB H AB G	E Alt/Jung	NB H/G	E Alt/Jung	NB H/G
17:15-17:30	U15 U14	AB H AB G	E Alt/Jung	NB H/G	E Alt/Jung	NB H/G
17:30-17:45	U15	AB H	U14	AB G	E Alt	NB H
17:45-18:00	U15	AB H	U14	AB G	E Alt	NB H
18:00-18:15	U15	AB H	U14	AB G	E Alt	NB H
18:15-18:30	U15	AB H	U14	AB G	E Alt	NB H
18:30-18:45	U15	AB H	U16	NB H	TW	---
18:45-19:00	U19	NB G	U16	NB H	TW	---
19:00-19:15	U19	NB G	U16	NB H	TW	---
19:15-19:30	U19	NB G	U16	NB H	TW	---
19:30-19:45	U19	NB G	U16	NB H	TW	---
19:45-20.00	U19	NB G	U16	NB H	TW	---
20:00-20:15						
20:15-20:30						
20:30-20:45						
20:45-21:00						
21:00-21:15						
21:15-21:30						
21:30-21:45						
21:45-22:00						

Donnerstag

	Platz 1	Kabine	Platz 2	Kabine	Kleinfeld	Kabine
15:30-15:45						
15:45-16:00						
16:00-16:15						
16:15-16:30						
16:30-16:45			C4	NB G		
16:45-17:00			C4	NB G		
17:00-17:15			C4	NB G		
17:15-17:30	U15 U14	AB H AB G	C4	NB G	U15 U14	AB H AB G
17:30-17:45	U15 U14	AB H AB G	C4	NB G	U15 U14	AB H AB G
17:45-18:00	U15	AB H	U14	AB G	C4	NB G
18:00-18:15	U15	AB H	U14	AB G	TW	---
18:15-18:30	U15	AB H	U14	AB G	TW	---
18:30-18:45	U15	AB H	U14	AB G	U17/U16	NB H/G
18:45-19:00	U17	NB H	U16	NB G	TW	---
19:00-19:15	U17	NB H	U16	NB G	TW	---
19:15-19:30	U17	NB H	U16	NB G	TW	---
19:30-19:45	U17	NB H	U16	NB G	TW	---
19:45-20.00	U17	NB H	U16	NB G	TW	---
20:00-20:15	Alte Herren	AB G	4.	AB H		
20:15-20:30	Alte Herren	AB G	4.	AB H		
20:30-20:45	Alte Herren	AB G	4.	AB H		
20:45-21:00	Alte Herren	AB G	4.	AB H		
21:00-21:15	Alte Herren	AB G	4.	AB H		
21:15-21.30	Alte Herren	AB G	4.	AB H		
21:30-21:45						
21:45-22:00						

Freitag

	Platz 1	Kabine	Platz 2	Kabine	Kleinfeld	Kabine
15:30-15:45			F Alt/Jung	---		
15:45-16:00			F Alt/Jung	---		
16:00-16:15			F Alt/Jung	---		
16:15-16:30	E Alt/Jung	AB H	F Alt/Jung	---	U13	NB G
16:30-16:45	E Alt/Jung	AB H	F Alt/Jung	---	U13	NB G
16:45-17:00	E Alt/Jung	AB H	U13	NB G		
17:00-17:15	E Alt/Jung	AB H	U13	NB G	U12	NB H
17:15-17:30	E Alt/Jung	AB H	U13	NB G	U12	NB H
17:30-17:45	E Alt/Jung	AB H	U13	NB G	U12	NB H
17:45-18:00	U17	AB H	U12	NB H	TW	---
18:00-18:15	U17	AB H	U12	NB H	TW	---
18:15-18:30	U17	AB H	U12	NB H	TW	---
18:30-18:45	U17	AB H	U19	NB G	TW	---
18:45-19:00	U17	AB H	U19	NB G	2.	NB H
19:00-19:15	U17	AB H	U19	NB G	2.	NB H
19:15-19:30	2.	NB H	U19	NB G	TW	---
19:30-19:45	2.	NB H	U19	NB G	TW	---
19:45-20.00	2.	NB H	U19	NB G	TW	---
20:00-20:15	2.	NB H				
20:15-20:30						
20:30-20:45						
20:45-21:00						
21:00-21:15						
21:15-21:30						
21:30-21:45						
21:45-22:00						

Legende

Trainingsplan Stand 12.09.2017

Platz 1 obere Platzhälfte (Kiosk)
Platz 2 untere Platzhälfte (Vereinsheim)
Kleinfeld neue Spielfläche 20x 8 Meter
Kabine NH Kabine Neubau (Kiosk) Heim
Kabine NG Kabine Neubau (Kiosk) Gast
Kabine AH Kabine Altbau (Vereinsheim) Heim
Kabine AG Kabine Altbau (Vereinsheim) Gast