

Trainingsplan GEG



Datum:	Tag:	Senioren	U20	U17	U15	U13	U11	Torwart	Laufschule	Bem:
01. Mrz	Di	19:30- 20:45		21:00- 22:00		8:00- 9:30			8:30- 9:30	
02. Mrz	Mi		AF 21:00- 22:00	AF 19:45- 20:45						
03. Mrz	Do	AF 19:30- 20:30					AF 16:00- 17:00			
04. Mrz	Fr						AS 17:00 Solin. U9			
05. Mrz	Sa			AS 7:45 Hamm	AS 10:15 SGNL					
06. Mrz	So		HS 19:45 Königsbor.			HS 7:30 Soest				
07. Mrz	Mo		19:15- 20:45							
08. Mrz	Di	19:45- 20:45			18:30- 19:30	17:15- 18:15	16:15- 17:15			
09. Mrz	Mi		21:30- 22:15	20:15- 21:15						
10. Mrz	Do	21:20- 22:15								
11. Mrz	Fr			AS 19:00 Herne						
12. Mrz	Sa			HS 19:45 Berg. Gl.						
13. Mrz	So		AS 20:00 Berg. Glad.		HS 7:30 Hamm		AS 10:30 Essen			
14. Mrz	Mo									
15. Mrz	Di		19:30- 20:30 Training in Wesel		17:45- 19:15 Training in Wesel					
16. Mrz	Mi									
17. Mrz	Do									
18. Mrz	Fr				AS 17:00 Solingen					
19. Mrz	Sa		AS 12:30 Dinslaken							
20. Mrz	So				AS 18:00 Hamm					
21. Mrz	Mo									
22. Mrz	Di		19:30- 20:30 Training in Wesel		17:45- 19:15 Training in Wesel					
23. Mrz	Mi									
24. Mrz	Do									
25. Mrz	Fr			AS 19:00 Herne						
26. Mrz	Sa					AS 10:30 Königs.	AS 17:30 Ratin. U9			
27. Mrz	So					AS 10:30 Duisburg				
28. Mrz	Mo									
29. Mrz	Di		19:30- 20:30 Training in Wesel		17:45- 19:15 Wes.					
30. Mrz	Mi									
31. Mrz	Do									

AF = Aussenfeld

U20 Training mit U17 oder Senioren

HS = Heimspiel

AS = Auswärtsspiel

HT = Heimturnier

AT = Auswärtsturnier