

Trainingsplan Hinrunde 16/17

Montag	Zeit				Zeit					
	18.15 - 19.45				Kab	19.45 - 21.15				Kab
HP										
KR	C1	10	Da	11	2	9	B1	10		
KL1	Dc			8	1 (19.30)			7		
KL2	Db			12						

Dienstag	Zeit				Zeit				
	18.15 - 19.45				Kab	19.45 - 21.15			
HP	LA								
KR	B2	7	C3	8	3	9	A	10	
KR/Spickel	Goalie-Training D/C				Goalie-Training D/C				
KL1	B9			11/12					
KL2	Juniorinnen 14			11/12	8				

Mittwoch	Zeit				Zeit					
	18.15 - 19.45				Kab	9.45 - 21.15				Kab
HP					1 (19.30)	7				
KR	C1	10	Dc	11	30+	11	40+	12		
KL1	Da			8	B1			10		
KL2	Db			12	50+			12		

Donnerstag	Zeit				Zeit					
	18.15 - 19.45				Kab	9.45 - 21.15				Kab
HP					2	9				
KR	B2	7	C3	8	Dam / B9	11	A	10		
KL1	Juniorinnen 14			12						
KL2										

Freitag	Zeit				Zeit					
	18.15 - 19.45				Kab	9.45 - 21.15				Kab
HP	LA				LA (bis 19.45)					
KR	3. Training			11/12	3. Training			11/12		
KL1					1 (19.30)			7		
KL2										