

Trainingsplan Sportplatz Niederpleis

Stand: 16.12.2017

Verfasser: Karsten Schierloh, FC Sankt Augustin

| | Montag | | Dienstag | | | Mittwoch | | Donnerstag | | | Freitag | |
|-------------|-------------------------------|-------------|-------------|-----------|-------------|-------------------------|-----------|-------------|-----------|-------------|---------------------|-----------|
| | Vorne | Hinten | Vorne | Hinten | | Vorne | Hinten | Vorne | Hinten | | Vorne | Hinten |
| 16:45-17:00 | TUS | | F1-Jugend | E1-Jugend | 16:45-17:00 | F2-Jugend + Bambini | E2-Jugend | F1-Jugend | E1-Jugend | 16:45-17:00 | F2-Jugend + Bambini | E2-Jugend |
| 17:00-17:15 | | | | | 17:00-17:15 | | | | | 17:00-17:15 | | |
| 17:15-17:30 | | | | | 17:15-17:30 | | | | | 17:15-17:30 | | |
| 17:30-17:45 | | | | | 17:30-17:45 | | | | | 17:30-17:45 | | |
| 17:45-18:00 | | | | | 17:45-18:00 | | | | | 17:45-18:00 | | |
| 18:00-18:15 | | | | | 18:00-18:15 | | | | | 18:00-18:15 | | |
| 18:15-18:30 | SSG Hockey (nur im Sommer) | | Alte Herren | | 18:15-18:30 | Jugend Torwart Training | C-Jugend | Alte Herren | | 18:15-18:30 | C-Jugend | |
| 18:30-18:45 | | | | | 18:30-18:45 | | | | | 18:30-18:45 | | |
| 18:45-19:00 | | | | | 18:45-19:00 | | | | | 18:45-19:00 | | |
| 19:00-19:15 | | | | | 19:00-19:15 | | | | | 19:00-19:15 | | |
| 19:15-19:30 | | | | | 19:15-19:30 | | | | | 19:15-19:30 | | |
| 19:30-19:45 | | | | | 19:30-19:45 | | | | | 19:30-19:45 | | |
| 19:45-20:00 | SSG Fußball | | Herren 3 | Kosova | 19:45-20:00 | Herren 1 | Herren 2 | Herren 3 | Kosova | 19:45-20:00 | Herren 1 | Damen |
| 20:00-20:15 | | | | | 20:00-20:15 | | | | | 20:00-20:15 | | |
| 20:15-20:30 | | | | | 20:15-20:30 | | | | | 20:15-20:30 | | |
| 20:30-20:45 | | | | | 20:30-20:45 | | | | | 20:30-20:45 | | |
| 20:45-21:00 | | | | | 20:45-21:00 | | | | | 20:45-21:00 | | |
| 21:00-21:15 | | | | | 21:00-21:15 | | | | | 21:00-21:15 | | |
| 21:15-21:30 | 21:15-21:30 | 21:15-21:30 | | | | | | | | | | |
| 21:30-21:45 | 21:30-21:45 | 21:30-21:45 | | | | | | | | | | |
| 21:45-22:00 | 21:45-22:00 | 21:45-22:00 | | | | | | | | | | |