

Trainingsplan Sportplatz Niederpleis Saison 2023/2024

Stand: 13.10.2023

Verfasser: Karsten Schierloh, FC Sankt Augustin

| | Montag | | Dienstag | | | Mittwoch | | Donnerstag | | | Freitag | | | | | | | | | | | | | | | | | |
|-------------|---|---|-------------------------|-------------------------|-------------|----------------------------------|--------------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------------|-------------------------------|--------|--------|--------|-------------|-------------------------|-------------------------------|--|--|--|--|--|--|--|--|--|
| | Vorne | Hinten | Vorne | Hinten | | Vorne | Hinten | Vorne | Hinten | | Vorne | Hinten | | | | | | | | | | | | | | | | |
| 16:30-16:45 | | | | | 16:30-16:45 | | | | | 16:30-16:45 | | | | | | | | | | | | | | | | | | |
| 16:45-17:00 | SSG Hockey *2) *1) | D- Juniorinnen (2011-2014) *1) | F-Jugend U8 (2016) | E2-Jugend U10 (2014) | 16:45-17:00 | D- Juniorinnen (2011-2014) | Bambini U7 (2017 - 2018) | F-Jugend U8 (2016) | D2-Jugend U12 (2012) | 16:45-17:00 | E1-Jugend U11 (2013) | Bambini U7 (2017 - 2018) | | | | | | | | | | | | | | | | |
| 17:00-17:15 | | | E3-Jugend U10 (2015) | D2-Jugend U12 (2012) | 17:00-17:15 | | | | | E3-Jugend U10 (2015) | 17:00-17:15 | E2-Jugend U10 (2014) | C- Juniorinnen (2009-2010) | | | | | | | | | | | | | | | |
| 17:15-17:30 | | | | | 17:15-17:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30-17:45 | | | | | 17:30-17:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 17:45-18:00 | | | | | 17:45-18:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00-18:15 | | | | | 18:00-18:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:15-18:30 | SSG Betriebs- sport Fußball (14 tagig) | C- Juniorinnen (2009-2010) | C1-Jugend U15 (2009) | C2-Jugend U14 (2010) | 18:15-18:30 | E1-Jugend U11 (2013) | A-Jugend U17 (2005-2008) | C2-Jugend U14 (2010) | C1-Jugend U15 (2009) | 18:15-18:30 | D1-Jugend U13 (2011) | Alte Herren | Alte Herren | Kosova | Herren | Kosova | 18:15-18:30 | D1-Jugend U13 (2011) | B- Juniorinnen (2007-2008) | | | | | | | | | |
| 18:30-18:45 | | | | | 18:30-18:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45-19:00 | | B- Juniorinnen (2007-2008) | | | | 18:45-19:00 | | | | | | | | | | | | | | | | | | | | | | |
| 19:00-19:15 | | | | | | 19:00-19:15 | | | | | | | | | | | | | | | | | | | | | | |
| 19:15-19:30 | | | | | | 19:15-19:30 | | | | | | | | | | | | | | | | | | | | | | |
| 19:30-19:45 | | | | | | 19:30-19:45 | | | | | | | | | | | | | | | | | | | | | | |
| 19:45-20:00 | | | | | | 19:45-20:00 | | | | | | | | | | | | | | | | | | | | | | |
| 20:00-20:15 | | | | | | 20:00-20:15 | | | | | | | | | | | | | | | | | | | | | | |
| 20:15-20:30 | | | | | | 20:15-20:30 | | | | | | | | | | | | | | | | | | | | | | |
| 20:30-20:45 | | A-Jugend U17 (2005- 2008) | | | | 20:30-20:45 | | | | | | | | | | | | | | | | | | | | | | |
| 20:45-21:00 | | | | | 20:45-21:00 | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00-21:15 | | | | | 21:00-21:15 | | | | | | | | | | | | | | | | | | | | | | | |
| 21:15-21:30 | | | | | 21:15-21:30 | | | | | | | | | | | | | | | | | | | | | | | |
| 21:30-21:45 | | | | | 21:30-21:45 | | | | | | | | | | | | | | | | | | | | | | | |
| 21:45-22:00 | | | | | 21:45-22:00 | | | | | | | | | | | | | | | | | | | | | | | |

*1) TUS Niederpleis: 17:30 – 19:00 Uhr Abnahme Sportabzeichen auf der Platzanlage

*2) Nur im Sommerhalbjahr