

# Jugendtrainingsplan 2024

| Zeit  | Montag |      |    | Dienstag |     |    | Mittwoch |     |    | Donnerstag |      |      |    | Freitag |     |    | Samstag |      |    |  |
|-------|--------|------|----|----------|-----|----|----------|-----|----|------------|------|------|----|---------|-----|----|---------|------|----|--|
|       | Ha     | Sch  | Le | Ha       | Sch | Le | Ha       | Sch | Le | Ha         | Sch  | Schm | Le | Ha      | Sch | Le | Ha      | Schm | Le |  |
| 14:00 |        |      |    |          | AS1 |    |          | AS2 |    |            |      |      |    |         |     |    |         |      |    |  |
| 14:30 |        |      |    |          | AS1 |    |          | AS2 |    |            |      |      |    |         |     |    |         |      |    |  |
| 15:00 |        |      |    |          | AS1 |    |          | AS2 |    |            |      |      |    |         |     |    |         |      |    |  |
| 15:30 |        | Sch? |    |          |     |    |          |     |    |            | Sch? |      |    |         |     |    |         |      |    |  |
| 16:00 | FK     | Sch? |    | JP       | Ma  |    | FK       | Mi  |    | J          | Sch? | DGLP | Gi | J       | Ma  |    |         |      |    |  |
| 16:30 | FK     |      |    | JP       | Ma  |    | FK       | Mi  |    | J          |      | DGLP | Gi | J       | Ma  |    |         |      |    |  |
| 17:00 | FK     |      |    | JP       |     |    | FK       |     |    | J          |      | DGLP | Gi | J       |     |    |         |      |    |  |
| 17:30 | FK     |      |    | JP       |     |    | FK       |     |    |            |      | DGLP |    |         |     |    |         |      |    |  |
| 18:00 | EK     |      |    | JM       |     |    | DGLD     |     |    | EK         |      | DGLH |    | JM      |     |    |         |      |    |  |
| 18:30 | EK     |      |    | JM       |     |    | DGLD     |     |    | EK         |      | DGLH |    | JM      |     |    |         |      |    |  |
| 19:00 | EK     |      |    | JM       |     |    | DGLD     |     |    | EK         |      | DGLH |    | JM      |     |    |         |      |    |  |
| 19:30 | EK     |      |    | JM       |     |    | DGLD     |     |    | EK         |      | DGLH |    | JM      |     |    |         |      |    |  |
| 20:00 | EK     |      |    |          |     |    |          |     |    | EK         |      |      |    |         |     |    |         |      |    |  |
| 20:30 | EK     |      |    |          |     |    |          |     |    | EK         |      |      |    |         |     |    |         |      |    |  |

JM Jugend-Mannschaft    
 J Jugend    
 Ma Maxis    
 Mi Minis    
 Gi Girls    
 EK Entwicklungskader

JP Jugend Platz    
 AS1 Abschlag-Schule    
 AS2 Abschlag-Schule    
 Sch Schule    
 FK Förderkader