



# TRAININGSPLAN FELDSAISON 2018

| Altersklasse             | Jahrgang             | Mannschaft      | Ansprechpartner               | Trainingsgruppe | Trainingseinheit |       |       | ATHLETIK |       | WARM-UP |       | HOCKEY |        | Hinweis                                                                  |
|--------------------------|----------------------|-----------------|-------------------------------|-----------------|------------------|-------|-------|----------|-------|---------|-------|--------|--------|--------------------------------------------------------------------------|
|                          |                      |                 |                               |                 | Wochentag        | START | ENDE  | Start    | Ende  | Start   | Ende  | Start  | Ende   |                                                                          |
| U6<br>E-Bereich<br>Minis | 2014<br>2013<br>2012 | Minis           | Achim Schneider<br>Felix Kuth | Minis 13 14     | Samstag          | 10.00 | 11.00 |          |       |         |       | 10.00  | 11.00  |                                                                          |
|                          |                      |                 |                               | Minis 12        | Samstag          | 11.15 | 12.15 |          |       |         |       | 11.15  | 12.15  |                                                                          |
|                          |                      |                 |                               | Minis           | Mittwoch         | 15.30 | 16.30 |          |       |         |       | 15.30  | 16.30  | zusätzliche Einheit, Voraussetzung: Teilnahme am Samstag-Training        |
| U8<br>D-Bereich          | 2011<br>2010         | Knaben D        | Nina Lemmen                   | KD              | Dienstag         | 15.30 | 17.00 |          |       |         |       | 15.30  | 17.00  |                                                                          |
|                          |                      |                 |                               |                 | Donnerstag       | 15.30 | 17.00 |          |       |         |       | 15.30  | 17.00  |                                                                          |
|                          |                      | Mädchen D       | Jovanka Stojnic               | MD              | Montag           | 15.30 | 17.00 |          |       |         |       | 15.30  | 17.00  |                                                                          |
|                          |                      |                 |                               |                 | Mittwoch         | 15.30 | 17.00 |          |       |         |       | 15.30  | 17.00  |                                                                          |
| U10<br>C-Bereich         | 2009<br>2008         | Knaben C        | Nina Lemmen                   | KC              | Dienstag         | 16.15 | 18.30 |          |       | 16.15   | 16.45 | 17.00  | 18.30* | *alle 14 Tage im Anschluss Kraft-Stabilisationsübungen (Ende: 19.00 Uhr) |
|                          |                      |                 |                               |                 | Donnerstag       | 16.15 | 18.30 |          |       | 16.15   | 16.45 | 17.00  | 18.30  |                                                                          |
|                          |                      | Mädchen C       | Nina Lemmen                   | MC              | Mittwoch         | 16.15 | 18.30 |          |       | 16.15   | 16.45 | 17.00  | 18.30  |                                                                          |
|                          |                      |                 |                               |                 | Freitag          | 14.45 | 17.00 |          |       | 14.45   | 15.15 | 15.30  | 17.00  |                                                                          |
| U12<br>B-Bereich         | 2007<br>2006         | Knaben B        | Nina Lemmen                   | KB1             | Mittwoch         | 17.45 | 19.45 |          |       | 17.45   | 18.15 | 18.30  | 19.45  |                                                                          |
|                          |                      |                 |                               | KB2             | Montag           | 16.15 | 18.15 |          |       | 16.15   | 16.45 | 17.00  | 18.15  |                                                                          |
|                          |                      |                 |                               | KB1 2           | Freitag          | 17.00 | 19.30 | 17.00    | 18.00 |         |       | 18.15  | 19.30  |                                                                          |
|                          |                      | Mädchen B       | Nina Lemmen                   | MB1             | Mittwoch         | 17.45 | 19.45 |          |       | 17.45   | 18.15 | 18.30  | 19.45  |                                                                          |
|                          |                      |                 |                               | MB2             | Montag           | 16.15 | 18.15 |          |       | 16.15   | 16.45 | 17.00  | 18.15  |                                                                          |
|                          |                      |                 |                               | MB1 2           | Freitag          | 16.00 | 18.15 | 16.00    | 17.00 |         |       | 17.00  | 18.15  |                                                                          |
| U14<br>A-Bereich         | 2005<br>2004         | Knaben A        | Simon Starck                  | KA              | Dienstag         | 17.15 | 19.45 | 17.15    | 18.15 |         |       | 18.30  | 19.45  |                                                                          |
|                          |                      |                 |                               |                 | Donnerstag       | 17.15 | 19.45 | 17.15    | 18.15 |         |       | 18.30  | 19.45  | Platzanlage THC Hürth                                                    |
|                          |                      | Mädchen A       | Lucas Denkmann                | MA              | Montag           | 17.00 | 19.30 | 17.00    | 18.00 |         |       | 18.15  | 19.30  |                                                                          |
|                          |                      |                 |                               |                 | Donnerstag       | 17.45 | 19.45 |          |       | 17.45   | 18.15 | 18.30  | 19.45  |                                                                          |
| U16<br>Jugend B-Bereich  | 2003<br>2002         | Männl. Jugend B | Simon Starck                  | MJB             | Montag           | 18.15 | 20.45 | 18.15    | 19.15 |         |       | 19.30  | 20.45  |                                                                          |
|                          |                      |                 |                               |                 | Mittwoch         | 19.00 | 21.00 |          |       | 19.00   | 19.30 | 19.45  | 21.00  |                                                                          |
|                          |                      | Weibl. Jugend B | Lucas Denkmann                | WJB             | Montag           | 17.00 | 19.30 | 17.00    | 18.00 |         |       | 18.15  | 19.30  |                                                                          |
|                          |                      |                 |                               |                 | Donnerstag       | 19.00 | 21.15 |          |       | 19.00   | 19.30 | 19.45  | 21.15  |                                                                          |
| U18<br>Jugend A-Bereich  | 2001<br>2000         | Männl. Jugend A | Simon Starck                  | MJA             | Freitag          | 18.45 | 20.45 |          |       | 18.45   | 19.15 | 19.30  | 20.45  | Individuelle Trainingsabsprache (pro Spieler: mind. 2 Einheiten)         |
|                          |                      |                 |                               | 2HE             | Mittwoch         | 20.15 | 22.30 |          |       | 20.15   | 20.45 | 21.00  | 22.30  |                                                                          |
|                          |                      |                 |                               | 1HE             | Dienstag         | 19.00 | 21.15 |          |       | 19.00   | 19.30 | 19.45  | 21.15  |                                                                          |
|                          |                      |                 |                               | 1HE             | Donnerstag       | 20.00 | 22.30 | 20.00    | 21.00 |         |       | 21.15  | 22.30  |                                                                          |
|                          |                      | Weibl. Jugend A | Lucas Denkmann                | WJA             | Montag           | 17.00 | 19.30 | 17.00    | 18.00 |         |       | 18.15  | 19.30  | Individuelle Trainingsabsprache (pro Spieler: mind. 2 Einheiten)         |
|                          |                      |                 |                               | DA              | Dienstag         | 20.00 | 22.30 | 20.00    | 21.00 |         |       | 21.15  | 22.30  |                                                                          |
|                          |                      |                 |                               | DA              | Donnerstag       | 19.00 | 21.15 |          |       | 19.00   | 19.30 | 19.45  | 21.15  |                                                                          |
| TW<br>ab C-Bereich       | ab 2009              | Bereich U10     | Fede Liebler                  | TW U10          | Dienstag         | 16.00 | 17.00 |          |       |         |       | 16.00  | 17.00  | Individuelle Trainingsabsprache (pro Spieler: 1 Einheit)                 |
|                          |                      | Bereich U12-U18 | Jonas Radeke                  | TW U12-U18      | Freitag          | 16.15 | 17.30 |          |       | 16.15   | 16.30 | 16.30  | 17.30  |                                                                          |
|                          |                      |                 |                               | TW U12-U18      | Freitag          | 17.15 | 18.30 |          |       | 17.15   | 17.30 | 17.30  | 18.30  |                                                                          |
|                          |                      |                 |                               | TW U12-U18      | Freitag          | 18.15 | 19.30 |          |       | 18.15   | 18.30 | 18.30  | 19.30  |                                                                          |