

Sport- und Sozialclub Jena e.V. Trainingsplan Feldsaison 2023

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
	1. HF	2. HF	1. HF	2. HF	1. HF	2. HF	1. HF	2. HF	1. HF	2. HF
15:30										
16:00										
16:30										
17:00	U10 16:30 - 18:00 Timon, Karl, Lars	m U12 16:30 - 18:00 Timon, Karl, Lars	m U14 16:30 - 18:00 Lars		Minis/U8 16:30 - 17:30 Pauline, Sophia, Christian		U10 16:30 - 18:00 Pauline, Lars	m U12 16:30 - 18:00 Timon, Karl, Lars	Minis/U8 16:30 - 17:30 Pauline, Sophia, Christian, Lars	
17:30				w U12/14 17:00 - 18:30 Norman						
18:00									w U12/14 17:30 - 19:00 Norman, Lars	
18:30	Auswahl U16 18:00 - 20:00 Lars		m U16 18:00 - 19:30 Lars		Eltern 18:00-19:30 Sophia, Friederike		m U14 18:00 - 19:30 Lars	TW 18:00 - 19:30 Bene		
19:00										
19:30						Eltern Schnapphäse 19:00-20:30			m U16 19:00 - 20:30 Lars	Herren II 19:00 - 20:30 Thilo (1x/Monat)
20:00			Herren/U18 19:30 - 21:00 Camilo				Damen/wU18 19:30 - 21:00 Ida			
20:30										
21:00			Damen/wU18 20:30 - 22:00 Ida				Herren/U18 20:30 - 22:00 Camilo			
21:30										
22:00										
22:30										

2005-2006	U18 w	U18 m	2013-2014	U10 w	U10 m	TW	Torwarttraining
2007-2008	U16 w	U16 m	2015-2016	U8 w	U8 m		
2009-2010	U14 w	U14 m	ab 2017	Mini			
2011-2012	U12 w	U12 m					

Stand: 12.04.2023