

# Trainingsplan Frühling/Sommer 2023

# E-A-Junioren:innen / Aktive

Montag	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45		
Tal																						
Tüfi 1					D/Ca/Cb-Juniorinnen (18:00 - 19:30)							B-Juniorinnen (19:30 - 21:00)										
Tüfi 2					Da/Db/Dc - Ca/Cb-Junioren (18:00 - 19:30)							Frauen 4. Liga (19:30 - 21:00)							Externe Belegung			

Dienstag	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45			
Tal									1. Mannschaft / Torhüter-Training (19:00 - 21:00)														
Tüfi 1					Externe Belegung																		
Tüfi 2					E-Junioren alle (18:00 - 19:30)							2. Mannschaft / B-Junioren (19:30 - 21:00)											

Mittwoch	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45				
Tal											Senioren (19:30 - 21:00)													
Tüfi 1					Da/Db/Dc-Junioren (18:00 - 19:30)							Frauen 4. Liga / A-Junioren (19:30 - 21:00)												
Tüfi 2	F/E-Juniorinnen (17:00 - 18:00)				D/Ca/Cb-Juniorinnen (18:00 - 19:30)							Ca/Cb-Junioren/Goaltraining (19:30 - 21:00)												

Donnerstag	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45				
Tal											1. Mannschaft (19:30 - 21:00)													
Tüfi 1					Externe Belegung										2. Mannschaft (20.15 - 21:45)									
Tüfi 2					Ea/Eb/Ed-Junioren (18:00 - 19:30)							B-Junioren / B-Juniorinnen (19:30 - 21:00)												

Freitag	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45				
Tal											Senioren (19:30 - 21:00)													
Tüfi 1			Ec/Ee-Junioren (17:30 - 19:00)																					
Tüfi 2			Da/Ca-Junioren (17:30 - 19:00)					A/B-Junioren (19:00 - 20:30)					Externe Belegung											