

# Trainingsplan Saison 2026 / 2027

| Montag         | Platz      | 16:15 | 16:30 | 16:45 | 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 |
|----------------|------------|-------|-------|-------|----------------------------|-------|-------------------------------|-------|-------|-------------------------------|-------------------------------|-------|------------------------------|-----------------------------|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Junioren D-9 1 | 2-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren D-9 1: 18:30 - 20:00 |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren C 2   | 3-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren C 2: 18:30 - 20:00   |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren C YL  | 1-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren C YL: 19:00 - 20:30  |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren B     | 3-Nord     |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Junioren B: 19:30 - 21:00   |                                 |       |       |       |       |       |       |       |       |
| Dienstag       | Platz      | 16:15 | 16:30 | 16:45 | 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 |
| Junioren Fe/Ff | 3-Süd      |       |       |       |                            |       | Junioren Fe/Ff: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Fc/Fd | 1-Nord     |       |       |       |                            |       | Junioren Fc/Fd: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Fa/Fb | 1-Süd      |       |       |       |                            |       | Junioren Fa/Fb: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Ea    | Schulwiese |       |       |       | Junioren Ea: 17:00 - 19:00 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-7 2 | 3-Nord     |       |       |       |                            |       | Junioren D-7 2: 17:45 - 19:15 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-7 1 | 2-Nord     |       |       |       |                            |       |                               |       |       | Junioren D-7 1: 18:15 - 19:45 |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-9 P | 2-Süd      |       |       |       |                            |       |                               |       |       | Junioren D-9 P: 18:15 - 19:45 |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| 3. Mannsch. 2b | 2          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 3. Mannschaft 2b: 19:45 - 21:15 |       |       |       |       |       |       |       |       |
| 2. Mannsch. 2a | 3          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 2. Mannschaft 2a: 19:30 - 21:00 |       |       |       |       |       |       |       |       |
| 1. Mannschaft  | 1          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 1. Mannschaft: 19:30 - 21:00    |       |       |       |       |       |       |       |       |
| Mittwoch       | Platz      | 16:15 | 16:30 | 16:45 | 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 |
| Junioren Ec    | 2-Nord     |       |       |       | Junioren Ec: 17:00 - 18:30 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Eb    | 2-Süd      |       |       |       | Junioren Eb: 17:00 - 18:30 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-9 1 | 2-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren D-9 1: 18:30 - 20:00 |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren C 2   | 3-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren C 2: 18:30 - 20:00   |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren C YL  | 1-Süd      |       |       |       |                            |       |                               |       |       |                               | Junioren C YL: 19:00 - 20:30  |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren B     | 2-Nord     |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Junioren B: 19:30 - 21:00   |                                 |       |       |       |       |       |       |       |       |
| Senioren 30+   | 3-Nord     |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Senioren 30+: 19:30 - 21:00 |                                 |       |       |       |       |       |       |       |       |
| Senioren 40+   | 3-Süd      |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Senioren 40+: 19:30 - 21:00 |                                 |       |       |       |       |       |       |       |       |
| Donnerstag     | Platz      | 16:15 | 16:30 | 16:45 | 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 |
| Junioren Gc/Gd | Spielwiese |       |       |       |                            |       | Junioren Gc/Gd: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Ga/Gb | Spielwiese |       |       |       |                            |       | Junioren Ga/Gb: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Fe/Ff | 3-Süd      |       |       |       |                            |       | Junioren Fe/Ff: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Fc/Fd | 1-Nord     |       |       |       |                            |       | Junioren Fc/Fd: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Fa/Fb | 1-Süd      |       |       |       |                            |       | Junioren Fa/Fb: 17:30 - 19:00 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Ea    | Schulwiese |       |       |       | Junioren Ea: 17:00 - 19:00 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-7 2 | 3-Nord     |       |       |       |                            |       | Junioren D-7 2: 17:45 - 19:15 |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-7 1 | 2-Nord     |       |       |       |                            |       |                               |       |       | Junioren D-7 1: 18:15 - 19:45 |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren D-9 P | 2-Süd      |       |       |       |                            |       |                               |       |       | Junioren D-9 P: 18:15 - 19:45 |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| 3. Mannsch. 2b | 2          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 3. Mannschaft 2b: 19:45 - 21:15 |       |       |       |       |       |       |       |       |
| 2. Mannsch. 2a | 3          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 2. Mannschaft 2a: 19:30 - 21:00 |       |       |       |       |       |       |       |       |
| 1. Mannschaft  | 1          |       |       |       |                            |       |                               |       |       |                               |                               |       |                              |                             | 1. Mannschaft: 19:30 - 21:00    |       |       |       |       |       |       |       |       |
| Torhüter (Akt) | Spielwiese |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Torhüter: 19:15 - 20:45     |                                 |       |       |       |       |       |       |       |       |
| Freitag        | Platz      | 16:15 | 16:30 | 16:45 | 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 |
| Junioren Ec    | 2-Nord     |       |       |       | Junioren Ec: 17:00 - 18:30 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren Eb    | 2-Süd      |       |       |       | Junioren Eb: 17:00 - 18:30 |       |                               |       |       |                               |                               |       |                              |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren C YL  | 3-Süd      |       |       |       |                            |       |                               |       |       |                               |                               |       | Junioren C YL: 19:00 - 20:30 |                             |                                 |       |       |       |       |       |       |       |       |
| Junioren B     | 3-Nord     |       |       |       |                            |       |                               |       |       |                               |                               |       |                              | Junioren B: 19:30 - 21:00   |                                 |       |       |       |       |       |       |       |       |

Platz 1: Schlechtwetter-Variante: gemäss Trainingsplan "Worst Case"

Platz 1, 2, 3: Tore nach jedem Training an den vorgesehenen Standorten aufhängen.

Schulwiese: Tore nach jedem Training an den nördlichen Rand der Plätze transportieren und zusammenstellen.

Schuhwaschanlage: Vorplatz nach dem letzten Training mit Besen und Schaufel reinigen.

Garderoben: Nach jedem Training aufräumen und nach dem letzten Training reinigen und abschliessen.

Schiedsrichtergarderobe, WC's: Nach dem letzten Training die Türen des Clubhauses und die WC-Türen im Garderobengebäude kontrollieren und abschliessen.