

VfR Merzhausen Hockey

Regulärer Trainingsplan Feldsaison 2023

gültig ab 12. Mai 2023

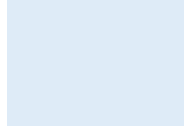
Kunstrasenplatz
zwischen Merzhausen

| | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | |
|-------|----------------------------------|-----------------------------|----------------------|----------------------------|---|-----|-------------------------------|---------------------------------|---------------------------|---|
| 15:00 | | | | | Minis | | | | | |
| 15:30 | | | | | Rafi, Jarne, Marie (J), Adriana | | | | TW-Training | U10 |
| 16:00 | | | | | 15:00 - 16:15 | | | | Rafi und Adriana | 15:30-16:30 |
| 16:30 | U10m | U10w | U12m | U12w | U8m | U8w | U10m | U10w | U14 m & w | Parallel TW- Training; WJ/MJ Carla |
| 17:00 | Juliane, Niklas, Lovis (J) | Adriana, Paula, Ella (J) | Jesse, Magnus (J) | Jörn, Juliane, Rosa (J) | Nils, Johannes, Juliane/Adriana, Emile | | Niklas, Johann (Junior) | Adriana, Paula, Lotta (J) | Adriana, Elena, Jacob | |
| 17:30 | 16:30 - 18:00 | 16:30 - 18:00 | 16:30 - 18:00 | 16:30 - 18:00 | 16:30 - 18:00 | | 16:30 - 18:00 | 16:30 - 18:00 | 16:30 - 18:00 | 17:00 - 18:00 |
| 18:00 | U14m | U14w | U12 und U14 | | Platz vergeben ab 18 h ** | | U12 m | U12 w | MJ A/B + FT | WJ A/B + FT |
| 18:30 | Adriana, Elena, Jacob | Adriana, Elena, Jacob | Adriana, | | | | Jesse | Juliane, Ella (Junior) | Jörn | Carla, Adriana |
| 19:00 | 18:00 - 19:30 | 18:00 - 19:30 | 18:00 - 19:30 | 18:00 - 19:30 | | | 18:00 - 19:30 | 18:00 - 19:30 | 18:00 - 19:30 | 18:00 - 19:30 |
| 19:30 | Platz vergeben ab 19:30 h | | Freizeithockey | | | | Elternhockey | | Platz vergeben ab 19:30 h | |
| 20:00 | | | selbständig | | | | Meike | | | |
| 20:30 | | | 19:30-21:30 | | | | 19:30 - 21:00 | | | |
| 21:00 | | | | | | | | | | |
| 21:30 | | | | | | | | | | |

**U18w/ U16w 1x Training bei FT (Mittwoch ca.18-20 Uhr)

Altersklassen ab 04/2023

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|-------------|-----|-------------|-------------|-----|-------------|
| Minis | U6 | 2019 – 2017 | MÄ / KN - B | U12 | 2011 – 2012 |
| MÄ / KN - D | U8 | 2015 – 2016 | MÄ / KN - A | U14 | 2009 – 2010 |
| MÄ / KN - C | U10 | 2013 – 2014 | WJ/ MJ - B | U16 | 2007 – 2008 |
| | | | WJ/ MJ - A | U18 | 2005- 2006 |



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