



**Trainingsplan Rückrunde Saison 2017/18**

KR 7

KR 7

Tag / Zeit		Trainingsplan Rückrunde Saison 2017/18												KR 7	KR 7				
Montag	16:00 - 17:30	Fussballschule												R9	R4 Sanierung	RED SOX	RED SOX		
	17:30 - 19:00	Da	Db / TW Training	Dc	Mädchen D	Mädchen E	1	D	E	F									
	19:00 - 20:30	1	Ca	Cb	Ca	Cb	Goalie	Sen	B	C	Mädchen C								
	20:30 - 22:00																		
Dienstag	17:30 - 19:00	Da	Db / TW Training	Dd	Ea	Ec	Fa	Fb	50+	Db							Schulsport	RED SOX	
	19:00 - 20:30	1	3 / TW Training	40+	Frauen 1	Frauen 2	2	Aa	Ba	Sen							RED SOX	RED SOX	
	20:30 - 22:00	2	30+	1	1											RED SOX	RED SOX		
Mittwoch	13:30 - 15:30	F-Junioren	E-Pool																
	15:30 - 17:00	G-Junioren/Fussballschule																	
	17:30 - 19:00	Dc	Eb	Ed	Mädchen C	Mädchen D	Mädchen E	Da	E	F	1	D	E	F			RED SOX	RED SOX	
	19:00 - 20:30	Ca	Cb	Mädchen B	Ca	1	C	Mädchen C	VBAU								RED SOX	RED SOX	
	20:30 - 22:00	A	B	30+	2	30+	40+	50+									RED SOX	RED SOX	
Donnerstag	17:30 - 19:00	Da	Db	Dd	Fc	Fd										Schulsport	RED SOX		
	19:00 - 20:30	1	3	Frauen 1	2	Aa	Ba	Cb								RED SOX	RED SOX		
	20:30 - 22:00	2	Frauen 2	1	1											RED SOX	RED SOX		
Freitag	16:00 - 17:30	Fussballschule																	
	17:30 - 19:00	Ea	Ec	Eb	Ed	Mädchen C	1	Da	Db	E	F								
	19:00 - 20:30	Ca	Cb	Frauen 1	Mädchen B	Aa	Ba	Ca	1	1									
	20:30 - 22:00	A	B																

Altstetten

Galatasaray

United

Hajduk

VBAU

Hellas

Hakoah

Red Sox