

# Trainingsplan Feld 2024

## Montag

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
13:45-14:00			
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15			
15:15-15:30			
15:30-15:45			
15:45-16:00			
16:00-16:15			
16:15-16:30			
16:30-16:45			
16:45-17:00			
17:00-17:15			
17:15-17:30			
17:30-17:45			
17:45-18:00			
18:00-18:15			
18:15-18:30			
18:30-18:45			
18:45-19:00			
19:00-19:15			
19:15-19:30			
19:30-19:45			
19:45-20:00			
20:00-20:15			
20:15-20:30			
20:30-20:45			
20:45-21:00			
21:00-21:15			
21:15-21:30			
21:30-21:45			
21:45-22:00			
22:00-22:15			
22:15-22:30			

## Dienstag

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
14:00-15:15			
Bambini			
2018/19			
15:15-16:30			
wU8			
2016/17			
mU8			
2016/17			
16:00-17:30			
wU10			
2014			
wU10			
2015			
16:00-17:30			
mU12			
2012/13			
16:30-18:00			
mU10			
2014			
mU10			
2015			
2015			
17:30-18:45			
wU12			
2012/13			
wU14			
2010/11			
17:30-19:00			
mU14			
2010/11			
17:30-19:30			
Lacrosse			
Jugend			
Stadtspark			
18:00-19:30			
2. Damen			
wU18 RL			
ohne 1. D			
18:45-20:00			
wU16			
2008/9			
19:00-20:30			
mU16			
2008/9			
19:30-21:00			
1. Damen			
20:00-22:00			
Lacrosse			
Damen/Herren A			
20:30-22:30			
Freizeitteams			
21:00-22:30			
1. Herren			

## Mittwoch

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
13:45-14:00			
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15			
15:15-15:30			
15:30-15:45			
15:45-16:00			
16:00-16:15			
16:15-16:30			
16:30-16:45			
16:45-17:00			
17:00-17:15			
17:15-17:30			
17:30-17:45			
17:45-18:00			
18:00-18:15			
18:15-18:30			
18:30-18:45			
18:45-19:00			
19:00-19:15			
19:15-19:30			
19:30-19:45			
19:45-20:00			
20:00-20:15			
20:15-20:30			
20:30-20:45			
20:45-21:00			
21:00-21:15			
21:15-21:30			
21:30-21:45			
21:45-22:00			
22:00-22:15			
22:15-22:30			

## Donnerstag

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
13:45-14:00			
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15			
15:15-15:30			
15:30-15:45			
15:45-16:00			
16:00-16:15			
16:15-16:30			
16:30-16:45			
16:45-17:00			
17:00-17:15			
17:15-17:30			
17:30-17:45			
17:45-18:00			
18:00-18:15			
18:15-18:30			
18:30-18:45			
18:45-19:00			
19:00-19:15			
19:15-19:30			
19:30-19:45			
19:45-20:00			
20:00-20:15			
20:15-20:30			
20:30-20:45			
20:45-21:00			
21:00-21:15			
21:15-21:30			
21:30-21:45			
21:45-22:00			
22:00-22:15			
22:15-22:30			

## Freitag

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
13:45-15:00			
Bambini			
2018/19			
15:00-16:15			
wU8			
2016/17			
mU8			
2016/17			
16:15-17:45			
mU14			
2010/11			
16:30-18:00			
mU10			
2014			
mU10			
2015			
17:45-19:15			
mU16			
2008/9			
19:15-20:45			
2. Herren			
2-wöchentlich			
1. Herren			
optional			

## Samstag

Voßberg	Langenhorn	Langenhorn	Voßberg
Kunstrasen	Kunstrasen	alt	neu
			Hockeyhalle
13:45-14:00			
14:00-14:15			
14:15-14:30			
14:30-14:45			
14:45-15:00			
15:00-15:15			
15:15-15:30			
15:30-15:45			
15:45-16:00			
16:00-16:15			
16:15-16:30			
16:30-16:45			
16:45-17:00			
17:00-17:15			
17:15-17:30			
17:30-17:45			
17:45-18:00			
18:00-18:15			
18:15-18:30			
18:30-18:45			
18:45-19:00			
19:00-19:15			
19:15-19:30			
19:30-19:45			
19:45-20:00			
20:00-20:15			
20:15-20:30			
20:30-20:45			
20:45-21:00			
21:00-21:15			
21:15-21:30			
21:30-21:45			
21:45-22:00			
22:00-22:15			
22:15-22:30			

Saison 2024	
Bereich	Jahrgang
Bambini	2018/2019
U8 (KD/MD)	2016/2017
U10 (K/M/C)	2014/2015
U12 (K/B/M/B)	2012/2013
U14 (K/AM)	2010/2011
U16 (m/B/w/J)	2008/2009
U18 (m/J/w/J/A)	2006/2007

gemeindete Mannschaften	
U18 (m/JA)	2 männliche Jugend A
U16 (m/B)	2 männliche Jugend B
U14 (KA)	2 Knaben A
U12 (KB)	3(4) Knaben B
U10 (KC)	5 Knaben C
U8 (KD)	5 Knaben D
U18 (w/JA)	2 weibliche Jugend A
U16 (w/B)	3 weibliche Jugend B
U14 (MA)	3 Mädchen A
U12 (MB)	3(4) Mädchen B
U10 (MC)	4 Mädchen C
U8 (MD)	4 Mädchen D