

# Trainingsplan Feld 2026

## Montag

Voßberg Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
13:45-14:00							
14:00-14:15	14:00-15:00 Technik						
14:15-14:30							
14:30-14:45							
14:45-15:00							
15:00-15:15	15:00-16:15		15:30-17:00		14:30-17:00		Ballschule
15:15-15:30	wU8 2018/19	mU8 2018/19					
15:30-15:45			wU10 2016	wU10 2017			
15:45-16:00							
16:00-16:15							
16:15-16:30	16:15-17:45				16:15-18:15		
16:30-16:45	wU14 2012/13	RL			mU12 2014/15	RL/OL/VL	
16:45-17:00							
17:00-17:15							
17:15-17:30							17:00-19:15 Athletik
17:30-17:45							
17:45-18:00	17:45-19:15 wU13 2010/11 RL						
18:00-18:15							
18:15-18:30	18:30-20:00		18:30-20:00		18:15-19:30		
18:30-18:45	mU16 2010/11	mU18 2008/09	OL	OL	wU12 2014/15	RL	
18:45-19:00							
19:00-19:15							
19:15-19:30	19:15-20:30						
19:30-19:45	2. Herren mU18 RL						
19:45-20:00							
20:00-20:15	20:00-22:00 Lacrosse Damen/Herren B						Freizeitteams
20:15-20:30							
20:30-20:45	20:30-22:30 Freizeitteams						
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 Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
13:45-14:00							
14:00-14:15	14:30-15:45 Bambini 2020/21						
14:15-14:30							
14:30-14:45							
14:45-15:00							
15:00-15:15	15:45-17:00		15:45-17:00				
15:15-15:30	mU10 2016	mU10 2017					
15:30-15:45							
15:45-16:00							
16:00-16:15							
16:15-16:30	16:00-17:15		16:00-17:15		16:00-20:15		Athletik
16:30-16:45	mU12 2014/15		VL optional				
16:45-17:00							
17:00-17:15							
17:15-17:30	17:00-18:15		17:15-18:45		17:00-18:30		
17:30-17:45	wU10 2016	wU10 2017	Lacrosse Jugend		mU14 2012/13	RL	
17:45-18:00							
18:00-18:15							
18:15-18:30							
18:30-18:45	18:15-19:30		18:45-20:00		18:30-20:30		
18:45-19:00	2. Damen wU18 RL		wU16/18 09/09/10/11		mU14 2012/13		VL
19:00-19:15							
19:15-19:30							
19:30-19:45							
19:45-20:00							
20:00-20:15	20:00-22:00 Lacrosse Damen/Herren A						17:30-19:30 Lacrosse Jugend
20:15-20:30							
20:30-20:45	20:30-22:30 Freizeitteams						
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							

## Mittwoch

Voßberg Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
13:45-14:00							
14:00-14:15	14:00-15:15 Technik Goldbekschule						
14:15-14:30							
14:30-14:45							
14:45-15:00							
15:00-15:15	15:15-16:30		15:15-16:30		14:45-17:45		Ballschule
15:15-15:30	wU8 2018/19	mU8 2018/19					
15:30-15:45							
15:45-16:00							
16:00-16:15							
16:15-16:30	16:30-17:45		16:15-17:45		16:30-16:45		
16:30-16:45	mU10 2016	mU10 2017			wU12 2014/15	RL/OL	
16:45-17:00							
17:00-17:15							
17:15-17:30							
17:30-17:45							
17:45-18:00	17:45-19:15		17:45-19:15		17:45-18:00		
18:00-18:15	wU13 2008/09	Abprache mU18	wU12 2014/15	VL	wU14 2012/13	OL	wU13 2010/11
18:15-18:30							
18:30-18:45							
18:45-19:00							
19:00-19:15	19:15-20:30		19:15-20:30		19:15-20:30		
19:15-19:30	1. Damen	1. Herren	wU18 2008/09	OL	wU16 2010/11	VL	wU14 2012/13
19:30-19:45							
19:45-20:00							
20:00-20:15							
20:15-20:30	20:30-22:00 Lacrosse Damen/Herren B						17:45-20:00 Athletik
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 Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
13:45-14:00							
14:00-14:15	14:00-15:00 Bambini						
14:15-14:30							
14:30-14:45							
14:45-15:00							
15:00-15:15	15:00-16:00		15:00-16:00				
15:15-15:30	wU8 2018/19	mU8 2018/19					
15:30-15:45							
15:45-16:00							
16:00-16:15	16:00-17:30		16:00-17:30		16:00-17:30		
16:15-16:30	mU12 2014/15	mU12 2014/15	RL	OL	mU14 2012/13	RL	
16:30-16:45							
16:45-17:00	16:45-18:15				16:30-18:30		
16:45-17:00	wU12 2014/15	RL/OL/VL			mU14 2012/13	RL	
17:00-17:15							
17:15-17:30							17:00-20:15 Athletik
17:30-17:45							
17:45-18:00							
18:00-18:15							
18:15-18:30	18:15-19:30		18:15-19:30		18:30-20:15		
18:30-18:45	2. Damen wU18 RL	3. Damen			mU16 2010/11	RL	
18:45-19:00							
19:00-19:15							
19:15-19:30							
19:30-19:45	19:30-21:00						
19:45-20:00	1. Herren						
20:00-20:15							
20:15-20:30							
20:30-20:45	20:15-22:00 Lacrosse Damen/Herren A						17:30-19:30 Lacrosse Jugend
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 Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
13:45-14:00							
14:00-14:15	14:00-15:00 Bambini						
14:15-14:30							
14:30-14:45							
14:45-15:00							
15:00-15:15	15:00-16:00		15:00-16:00				
15:15-15:30	wU8 2018/19	mU8 2018/19					
15:30-15:45							
15:45-16:00							
16:00-16:15	16:00-17:15		16:00-17:30		16:00-17:30		
16:15-16:30	mU12 2014/15	mU12 2014/15	RL/OL/VL		mU10 2016	mU10 2017	
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	17:00-19:00		17:00-19:00		17:30-19:00		
18:30-18:45	Punktspiel- verlegungen		Ausweichplatz für BuLi Spiele		wU14 2012/13		OL
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	19:00-21:00		19:00-21:00		19:00-21:00		
20:45-21:00	Ü30 Damen		Punktspiel- verlegungen				
21:00-21:15							
21:15-21:30							
21:30-21:45							
21:45-22:00							
22:00-22:15							
22:15-22:30							

## Samstag

Voßberg Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
8:45-9:00	8:45-10:00						8:45-9:00
9:00-9:15	wU8 2018/19						9:00-9:15
9:15-9:30	mU8 2018/19						9:15-9:30
9:30-9:45							9:30-9:45
9:45-10:00							9:45-10:00
10:00-10:15	Offenes Training						10:00-10:15
10:15-10:30							10:15-10:30
10:30-10:45	Training						10:30-10:45
10:45-11:00							10:45-11:00
11:00-11:15							11:00-11:15
11:15-11:30							11:15-11:30
11:30-11:45							11:30-11:45
11:45-12:00							11:45-12:00
12:00-12:15							
12:15-12:30							
12:30-12:45							
12:45-13:00							
13:00-13:15							
13:15-13:30							
13:30-13:45							
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							

## Sonntag

Voßberg Kunstrasen		Langenhorn Kunstrasen alt		Langenhorn Kunstrasen neu		Voßberg Hockeyhalle	
18:00-18:15	18:00-19:00						18:00-18:15
18:15-18:30	Freizeitteams						18:15-18:30
18:30-18:45	Starkstrom/ Follow me						18:30-18:45
18:45-19:00							18:45-19:00
19:00-19:15							19:00-19:15
19:15-19:30							19:15-19:30
19:30-19:45							19:30-19:45
19:45-20:00							19:45-20:00