

Træningsplan for sæsonen 2018/2019

	Mandag Hal 2	Tirsdag Hal 1	Tirsdag Hal 2	Torsdag Hal 1	Fredag Hal 1	Fredag Skjoldhøj	Lørdag Hal 2
15.30-15.45							
15.45-16.00					Mikro U6		
16.00-16.15	u-12 drenge	u-10 drenge	u-10 piger	u-10 drenge	Mikro U6		Mikro u-6
16.15-16.30	u-12 drenge	u-10 drenge	u-10 piger	u-10 drenge	Mikro U6		Mikro u-8
16.30-16.45	u-12 drenge	u-10 drenge	u-10 piger	u-10 drenge	Mikro U8	u-14/16 pige drenge	U-10 piger
16.45-17.00	u-12 drenge	u-10 drenge	u-10 piger	u-10 drenge	Mikro U8	u-14/16 pige drenge	U-10 drenge
17.00-17.15	u-12 drenge	u-10 drenge	u-10 piger	u-12 drenge	Mikro U8	u-14/16 pige drenge	U-12 piger
17.15-17.30	u-12 drenge	u-10 drenge	u-10 piger	u-12 drenge	Mikro U8	u-14/16 pige drenge	U-12 drenge
17.30-17.45	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 drenge	U-10 piger	u-14/16 pige drenge	U-14 piger
17.45-18.00	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 drenge	U-10 piger	u-14/16 pige drenge	U-14 drenge
18.00-18.15	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 piger	U-10 piger	u-14/16 pige drenge	U-16 piger
18.15-18.30	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 piger	U-10 piger	u-14/16 pige drenge	Damesenior
18.30-18.45	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 piger	kreds	u-14/16 pige drenge	Herresenior
18.45-19.00	u-14/16 pige drenge	u-14 drenge	u-12 piger	u-12 piger	kreds	u-14/16 pige drenge	MIX u-14/16 piger og drenge
19.00-19.15	u-14/16 pige drenge	u-14 piger	u-16 piger	Herresenior	kreds		
19.15-19.30	u-14/16 pige drenge	u-14 piger	u-16 piger	Herresenior	kreds		
19.30-19.45	Damesenior	u-14 piger	u-16 piger	Herresenior	kreds		
19.45-20.00	Damesenior	u-14 piger	u-16 piger	Herresenior	kreds		
20.00-20.15	Damesenior	u-14 piger	u-16 piger	Herresenior	kreds		
20.15-20.30	Damesenior	u-14 piger	u-16 piger	Herresenior	kreds		
20.30-20.45	Damesenior	Herresenior		Damesenior			
20.45-21.00	Damesenior	Herresenior		Damesenior			
21.00-21.15	Damesenior	Herresenior		Damesenior			
21.15-21.30	Damesenior	Herresenior		Damesenior			
21.30-21.45	Damesenior	Herresenior		Damesenior			
21.45-22.00	Damesenior	Herresenior		Damesenior			

Brabrand i blå
Svære at slå

