

## Sommer Trainingsplan 2017/2018

		Montags					Dienstags					Mittwochs					Donnerstags					Freitags					
Anf.	Ende	K1	K2	PI.2	PI.2	PI.3	K1	K2	PI.2	PI.2	PI.3	K1	K2	PI.2	PI.2	PI.3	K1	K2	PI.2	PI.2	PI.3	K1	K2	PI.2	PI.2	PI.3	
16.00	16.30						G1	G2				G3												E1			
16.30	17.00						G1	G2	F2/3			G3					F2/3					D2	E1				
17.00	17.30	D2					G1	F1	F2/3	E2		E1	C1				F2/3	E2	F1			D2	E1				
17.30	18.00	D2	B1				D1	F1	F2/3	E2		E1/TW	C1				B1	E2	F1			D2/C1	D1				
18.00	18.30	D2	B1				D1	F1/A2		E2		E1/TW	C1				B1	E2	F1	A2		C1	D1				
18.30	19.00	B1	B1				D1	A2				TW	C1				B1	B1	A2	A2		C1	D1				
19.00	19.30	Dam.					A2	A2			Anw.	TW		Dam.	Dam.				A2	A2						AH	
19.30	20.00	Dam.	Sen.3,	Sen.2	Sen.2		Sen.1	Sen.1	A1	A1	Anw.	Sen.2	Sen.2	Dam.	Dam.		A1	A1	Sen.3	Sen.3		Sen.1	Sen.1	AH			
20.00	20.30	Dam.	Sen.3,	Sen.2	Sen.2		Sen.1	Sen.1	A1	A1	Anw.	Sen.2	Sen.2	Dam.	Dam.		A1	A1	Sen.3	Sen.3		Sen.1	Sen.1	AH			
20.30	21.00		Sen.3,	Sen.2	Sen.2		Sen.1	Sen.1	A1	A1		Sen.2	Sen.2				A1	A1	Sen.3	Sen.3		Sen.1	Sen.1				
21.00	21.30						Sen.1	Sen.1	A1	A1							A1	A1									

**Bam**                      2011 und jünger                      Mario Pelka / Frank Rettler / Gerhard Müller / Uwe Röpke / Rebecca Schmitz

**F2/3**                      2010                      Stefan Zeus / Kevin Ibels / Florian Winkens  
**F1**                      2009                      Thomas Lissek / Alexander Rajh / Al-Hasan Nabil  
**E2**                      2008                      Noah Walenta / Felix Grümmer / Sascha Fahl  
**E1**                      2007                      Udo Güttgemanns / Simon Hübner / Achim Könkels  
**D2**                      2006                      Matthias Berg / Tobias Winkens  
**D1**                      2005                      Jochen Lodes / Ivonne Lodes / Stephan Lodes  
**C1**                      2004                      Heiner Bruß / Ralf Fragen / Stefan Manns  
**B1**                      2002                      Volker Renneberg / Daniel Knuth / Florian Renneberg / Sven Ulrich  
**A2**                      2001                      Maik Bodewein / Luca Sporkmann / Burkhard Bodewein  
**A1**                      1999/2000                      Rainer Wildförster / Max Goldmann / Daniel Koch  
**Dam**                      Marius Rothenspieler / Martin Kießhauer / Björn Möller  
**Sen.1**                      Jens Biesok / Dominik Lingen  
**Sen.2**                      Mario Lauenburger  
**Sen.3**                      Hans Kießhauer / Andreas Berndt  
**AH**                      Frank Semmler / Jochen Lodes  
**Jugend-Torwarttraining**                      E/D C/B                      Daniel Bellen