

# ESV Basketball - Trainingsplan Sommer 2018

Gültig ab 1.Mai bis 31.Oktober

| Zeit          | Mo      |      |        | Di   |    | Mi  |    |      |    | Do          |          |      |       | Fr   |      |      | Sa   |       |         |
|---------------|---------|------|--------|------|----|-----|----|------|----|-------------|----------|------|-------|------|------|------|------|-------|---------|
| Halle         | SGM     |      | Real   | Real |    | SGM |    | Real |    | SGM         |          |      | Real  |      | SGM  | Real | SGM  |       |         |
| Hallenteil    | I       | II   | I+II   | I    | II | I   | II | I    | II | I           | II       | III  | I     | II   | I    | II   | I+II | Zeit  | III     |
| 15.30 - 16.00 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      | 8:30  |         |
| 16.00 - 16.30 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      | U8   | -     |         |
| 16.30 - 17.00 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      | 10:00 |         |
| 17.00 - 17.30 | U14m    |      |        |      |    |     |    |      |    | U14w / U16w |          |      | U10   |      | U12m | U12w |      | 10.00 | BasKids |
| 17.30 - 18.00 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      | -     |         |
| 18.00 - 18.30 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      |       |         |
| 18.30 - 19.00 | Stützpl | U16m |        |      |    |     |    |      |    | U16m        |          |      | U16w1 |      | Da 1 |      |      | 11:00 | frei    |
| 19.00 - 19.30 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      |       |         |
| 19.30 - 20.00 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      |       |         |
| 20.00 - 20.30 | Hobby   |      | He 1&2 | Da 1 |    |     |    |      |    |             | Hobby-Da | He 2 | Da 2  | He 1 |      | U16w |      |       |         |
| 20.30 - 21.00 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      |       |         |
| 21.00 - 21.30 |         |      |        |      |    |     |    |      |    |             |          |      |       |      |      |      |      |       |         |

| Mannschaft           | Tag        | Zeit          | Halle | Teil  | Trainer             | Telefon       |
|----------------------|------------|---------------|-------|-------|---------------------|---------------|
| <b>Damen 1</b>       | Dienstag   | 20:00 - 21:30 | Real  | I+II  | Jojo Frühschütz     | 0881-69549    |
|                      | Freitag    | 18:30 - 20:00 | SGM   | I     |                     | 0171-7094102  |
| <b>Damen 2</b>       | Mittwoch   | 18:30 - 20:00 | SGM   | I+II  | Andy Kopp           | 0171-4286346  |
|                      | Donnerstag | 20:00 - 21:30 | Real  | I+II  |                     |               |
| <b>U16w 1</b>        | Donnerstag | 18:30 - 20:00 | Real  | I+II  | Steffi Seyringer    | 0171-3547756  |
|                      | Freitag    | 20:00 - 21:30 | Real  | I+II  | Josi Cramer - Anika | 08841-99174   |
| <b>U14w / U16w 2</b> | Mittwoch   | 18:30 - 20:00 | Real  | I+II  | Steffi Seyringer    | 0171-3547756  |
|                      | Donnerstag | 17:00 - 18:30 | SGM   | I-III | Elisa - Emma        | 08841-99174   |
| <b>U12w</b>          | Mittwoch   | 17:00 - 18:30 | SGM   | I     | Hakan Akdogan       | 0172-8300323  |
|                      | Freitag    | 17:00 - 18:30 |       | III   | Amelia - Tini       |               |
| <b>Herren 1</b>      | Mittwoch   | 20:00 - 21:30 | Real  | II    | Dominik Moroder     | 08841-623306  |
|                      | Freitag    | 20:00 - 21:30 | SGM   | I     |                     | 0173-8766695  |
| <b>Herren 2</b>      | Mittwoch   | 20:00 - 21:30 | SGM   | I     | Niko Weiss          | 0176-53827521 |
|                      | Donnerstag | 20:00 - 21:30 | SGM   | III   |                     |               |
| <b>U18m</b>          | Montag     | 20:00 - 21:30 | Real  | I+II  | Milan Lazic         | 0170-2340121  |
|                      | Donnerstag | 20:00 - 21:30 | SGM   | II    | Dominik Moroder     | 0173-8766695  |
| <b>U16m</b>          | Montag     | 18:30 - 20:00 | SGM   | II    | Milan Lazic         | 0170-2340121  |
|                      | Donnerstag | 18:30 - 20:00 |       | I-III | Robby - Beni        | 08841-626351  |
| <b>U14m</b>          | Montag     | 17:00 - 18:30 | SGM   | I+II  | Lucas Hartmann      | 0177-6905100  |
|                      | Mittwoch   | 17:00 - 18:30 | Real  | I+II  | Leon - Lukas        | 08841-90077   |
| <b>U12m</b>          | Mittwoch   | 17:00 - 18:30 | SGM   | II    | Manuel Sebald       | 0172-8670732  |
|                      | Freitag    | 17:00 - 18:30 |       | I     | Emil - Niklas       | 0170-2056004  |
| <b>U10 mix</b>       | Donnerstag | 17:00 - 18:30 | Real  | I     | Sandra Neumann      | 0174-9001014  |
|                      |            |               |       | II    | Maria - Elisabeth   | 0157-37846595 |
| <b>U8 mix</b>        | Freitag    | 15:30 - 17:00 | Real  | I     | Basti Rapp          | 08841-4211    |
|                      |            |               |       | II    | Emily               | 0171-1763423  |
| <b>KidsBaskets</b>   | Samstag    | 10:00 - 11:30 | SGM   | I     | Basti Rapp          | 08841-4211    |
|                      |            |               |       |       | Jörg Fischer        | 08841-9173    |
| <b>Hobbygruppe</b>   | Montag     | 20:00 - 21:30 | SGM   | I     | Manuel Sebald       | 0172-8670732  |