

# Trainingsplan - ESV 03 Chemnitz e.V.

27. KW  
4.-10.7.

| Team            | Jg                                                    | Montag<br>4.7.                                            | Dienstag<br>5.7.      | Mittwoch<br>6.7.                                    | Donnerstag<br>7.7.    | Freitag<br>8.7.         | Samstag<br>9.7.     | Sonntag<br>10.7.    | Trainer       |
|-----------------|-------------------------------------------------------|-----------------------------------------------------------|-----------------------|-----------------------------------------------------|-----------------------|-------------------------|---------------------|---------------------|---------------|
| Sperrzeiten EFC |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Crashers      |
| Projekte        | KiTa<br>GTA                                           |                                                           |                       |                                                     |                       |                         |                     |                     | Charousek     |
|                 |                                                       |                                                           | 15:15-16:15 Sporthort |                                                     |                       |                         |                     |                     | Stiegler      |
| VSU             | 5./6.<br>7./8.<br>9./10.<br>11.-13.                   | 10:00-11:15 Turnhalle                                     | 06:30-07:20 Eis TrH   |                                                     | 06:50-07:50 Eis TrH   | 10:00-11:10 Turnhalle   |                     |                     | U20           |
|                 |                                                       |                                                           | 07:50-08:20 Turnhalle |                                                     |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           | 10:00-11:15 Turnhalle | 09:45-10:10 Turnhalle                               | 10:00-11:10 Turnhalle |                         |                     |                     | Fritz         |
|                 |                                                       |                                                           | 10:00-11:15 Turnhalle | 10:40-11:25 Eis TrH                                 |                       |                         |                     |                     | U17           |
|                 |                                                       |                                                           |                       | 17:15-18:15 Turnhalle                               |                       |                         |                     |                     | Buschmann     |
| U7              | Laufgruppe<br>2016 und<br>jünger                      | 16:15-17:15 TH/ESG                                        |                       |                                                     |                       | 15:45-16:45 Rollstadion | 14:00-14:50 Eis TrH |                     | Strobelt      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | U15           |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Buschmann     |
| U9              | 2014-2015                                             | 16:15-17:15 TH/ESG                                        |                       | 17:15-18:15 Turnhalle                               |                       | 15:45-16:45 Rollstadion | 14:00-14:50 Eis TrH |                     | Charousek     |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Schaal        |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | U13           |
| U11             | 2012-2013                                             | 17:15-18:30 TH/ESG                                        |                       | 16:30-17:15 Turnhalle                               |                       | 16:45-18:00 Rollstadion |                     | 14:00-14:50 Eis TrH | U11           |
|                 |                                                       |                                                           |                       | 18:00-18:50 Eis TrH                                 |                       |                         |                     |                     | Schaal        |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Anklam        |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Charousek     |
| U13             | 2010-2011                                             | 17:00-18:30 TH/ESG                                        | 16:30-17:15 Turnhalle | 17:00-18:30 TH/ESG<br>bis 18:00 als Zweitnutzer OSP | 15:30-16:45 ESG/Wald  |                         |                     | 14:00-14:50 Eis TrH | U7/U9         |
|                 |                                                       |                                                           | 18:00-18:50 Eis TrH   |                                                     |                       |                         |                     |                     | Schaufuß      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Anklam        |
| U15             | 2008-2009                                             | 17:15-19:00 ESG/Wald                                      |                       | 18:00-18:50 Eis TrH                                 | 16:00-17:30 ESG/Wald  | 16:00-17:30 ESG/Wald    | 07:00-07:50 Eis TrH |                     | Parthum       |
|                 |                                                       |                                                           |                       | 19:15-20:00 Turnhalle                               |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Hofmann       |
| U17             | 2006-2007                                             | 17:15-19:00 ESG/Wald                                      | 16:00-17:30 ESG/Wald  | 19:00-19:45 Turnhalle                               |                       | 16:00-17:30 ESG/Wald    | 07:00-07:50 Eis TrH |                     | Prokopovics   |
|                 |                                                       |                                                           |                       | 20:30-21:20 Eis TrH                                 |                       |                         |                     |                     | Deinats, Reid |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Eidam         |
| U20             | 2003-2005                                             | 18:30-19:40 Turnhalle<br>20:30-21:30 Eis TrH<br>(mit ETC) |                       | 20:30-21:20 Eis TrH                                 | 18:30-20:00 Turnhalle | 18:00-19:00 Turnhalle   |                     |                     | Torhüter      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Bergert       |
| Regio           |                                                       |                                                           | 20:30-21:30 Turnhalle | 20:30-21:20 Eis TrH                                 |                       |                         |                     |                     | Reid          |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Prokopovics   |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | VSU           |
| Hobby           | Kieselstein<br>Kuh Schnapp'l<br>Eisblumen<br>sonstige | 19:30-21:00 Rollstadion                                   |                       | 19:45-21:30 Turnhalle                               |                       | 19:30-21:00 Rollstadion |                     |                     | Buschmann     |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Charousek     |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | GTA           |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           |                       |                                                     | 13:30-15:00 GTA Flem. |                         |                     |                     | Buschmann     |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | KiTa          |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Rentzsch      |
|                 |                                                       |                                                           |                       |                                                     |                       |                         |                     |                     | Bauer         |

Achtung: Treffzeiten - 15min vor Athletik, 30min vor Eistraining, 90min vor Heimspiel, 15min vor Abfahrt Auswärtsspiel

Bei Eistraining in der Trainingshalle bitte 40min vor dem Training da sein!