

Trainingsplan ab 01.11.2023

Sportanlage: Hans-Böckler-Str. 6, 65929 Frankfurt

| Platz | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|-----------------------|--------|-------|------|----------|----------|-------|------|----------|----------|-------|------|----------|------------|-------|------|----------|---------|-------|------|-------|
| | von | bis | Kab. | Team | von | bis | Kab. | Team | von | bis | Kab. | Team | von | bis | Kab. | Team | von | bis | Kab. | Team |
| Rasenplatz | | | | | | | | | | | | | | | | | | | | |
| | | | | | 17:30 | 19:00 | 4 | *E1-2/E2 | 20:00 | 21:30 | 3 | **A1 | | | | | 20:00 | 21:30 | 4 | *2.MA |
| Kunstrasen (Groß) | | | | | 15:30 | 17:00 | - | AHFS | | | | | 15:30 | 17:00 | - | AHFS | | | | |
| | | | | | | | | | 16:30 | 18:00 | - | Akademie | | | | | 16:30 | 18:00 | 2 | E1-2 |
| | 17:00 | 18:30 | 3 | D2 | 16:45 | 18:30 | 3 | E1 | 17:00 | 18:30 | 2 | C2 | 16:45 | 18:15 | 3 | E1 | 17:00 | 18:30 | 1 | D1 |
| | 17:30 | 19:00 | 2 | C2 | 18:00 | 19:30 | 1 | C1 | 18:00 | 19:30 | 3 | D1 | 17:30 | 19:00 | 2 | D2 | 18:00 | 19:30 | 4 | C1 |
| | 18:30 | 20:00 | 1 | D1 | 18:30 | 20:00 | 2 | B2 | 18:30 | 20:00 | 1 | C1 | 18:15 | 19:45 | 1 | C2 | 18:30 | 20:00 | 2 | B2 |
| | 19:00 | 20:30 | 4 | B1 | 19:30 | 21:00 | 3 | 1.MA | 19:30 | 21:00 | 2 | B2 | 19:00 | 20:30 | 4 | B1 | 19:30 | 21:00 | 3 | *1.MA |
| | 20:00 | 21:30 | 3 | A1 | 20:00 | 21:30 | 4 | 2.MA | 20:00 | 21:30 | 3 | B1 | 19:45 | 21:15 | 3 | 1.MA | 20:00 | 21:30 | 1 | *A1 |
| Kunstrasen (Klein) | | | | | | | | | 16:45 | 17:45 | - | F1-2 | | | | | | | | |
| | 16:00 | 18:00 | - | Akademie | 16:00 | 17:30 | - | Akademie | 17:45 | 19:00 | - | F1-1 | 16:00 | 17:30 | - | Akademie | 15:30 | 17:00 | - | AHFS |
| | | | | | 17:30 | 19:00 | 4 | *E1-2/E2 | 19:00 | 20:00 | 4 | SOMA | 17:30 | 19:00 | - | F2 | 17:00 | 18:30 | 3 | D2 |
| | | | | | 19:30 | 21:00 | - | BF | 20:00 | 21:30 | 3 | **A1 | 19:30 | 21:00 | - | BF | 20:00 | 21:30 | 4 | *2.MA |
| Hallentraining | | | | | | | | | | | | | | | | | | | | |
| Walter-Kolb-Schule | 17:30 | 19:00 | | G1 | | | | | 17:30 | 19:00 | | E1-2 | | | | | 17:30 | 19:00 | | E2 |
| Leibnizschule | | | | | 17:30 | 19:00 | | F2 | | | | | 17:30 | 19:00 | | G2 | 17:30 | 19:00 | | F1 |
| Helene-Lange-Schule | | | | | | | | | | | | | 17:30 | 19:00 | | G1 | 18:00 | 19:30 | | E1 |

* E1-2 & E2 im wöchentlichen Wechsel; Im Notfall zusammen auf dem kleinen Platz

** A1 bei schlechtem Wetter ausweichen auf kleinen Platz

* A1, 2.MA, 1.MA im Wechsel