

Trainingsplan FC Dietikon Primework Arena Dornau **Saison Herbst ab 1.10.18**

| Platz | 1 | Platz 2 / Platz 3 | | | | | | | | Platz 2 | | | | Platz 3 | | | | Platz 2 | | | | Platz 3 | | | | | | | | | | | |
|--------------|-------|-------------------|-----|---|---|-----|-----|-----|-----|------------------|-----|-----|-----|---------------|----|----|----|---------------|----|----|----|---------|-----|----|---|-----|-----|----|----|-----|-----|---|---|
| Platz-Hälfte | | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D | A | B | C | D |
| Zeiten | 19.00 | 14.00 - 16.00 | | | | | | | | 17.00/30 - 19.00 | | | | 19.00 - 20.30 | | | | 20.30 - 22.00 | | | | | | | | | | | | | | | |
| Montag | FCD 1 | | | | | | | | | U15 | U15 | U13 | U13 | E1 | E2 | E3 | F2 | C1 | C1 | C2 | C2 | D1 | D2 | | | B1 | B1 | 2 | 2 | | | | |
| Kabinen | 9 | | | | | | | | | 2 | 2 | 3 | 3 | 10 | 12 | 4 | 5 | 11 | 11 | 6 | 6 | 7 | 8 | | | 10 | 10 | 12 | 12 | | | | |
| Dienstag | FCD 1 | | | | | | | | | U15 | U15 | | | E4 | | F1 | F4 | D1 | D2 | MB | MC | D3 | | | | 2 | 2 | A | A | | | | |
| Kabinen | 9 | | | | | | | | | 2 | 2 | | | 3 | | 11 | 4 | 10 | 3 | 7 | 5 | 8 | | | | 12 | 12 | 11 | 11 | | | | |
| Mittwoch | | U12 | U12 | | | U15 | U15 | U13 | U13 | E1 | E2 | E5 | E3 | F2 | F3 | G | | C1 | C1 | C2 | C2 | 50+ | 50+ | D4 | | 40+ | 40+ | B1 | B1 | 30+ | 30+ | | |
| Kabinen | | 5 | 5 | | | 2 | 2 | 3 | 3 | 1 | 10 | 4 | 4 | 5 | 8 | 10 | | 11 | 11 | 6 | 6 | 12 | 12 | 8 | | 1 | 1 | 10 | 10 | 2 | 2 | | |
| Donnerstag | FCD 1 | | | | | | | | | E2 | F1 | E4 | F5 | | | | | C1 | C1 | D1 | D2 | MB | MC | D3 | | 2 | 2 | A | A | | | | |
| Kabinen | 9 | | | | | | | | | 12 | 2 | 3 | 4 | | | | | 11 | 11 | 10 | 3 | 7 | 5 | 8 | | 12 | 12 | 11 | 11 | | | | |
| Freitag | FCD 1 | | | | | | | | | U15 | U15 | U13 | U13 | E1 | E5 | | | B1 | B1 | A | A | D4 | | | | | | | | | | | |
| Kabinen | 9 | | | | | | | | | 2 | 2 | 3 | 3 | 8 | 4 | | | 10 | 10 | 11 | 11 | 8 | | | | | | | | | | | |

TW-Training Spickel oder Platz 3 Ecke suchen in Absprache mit anderen Trainer

MB+ MD= Mädchen Juniorinnen

Bei schlechtem Wetter bitte schwarze Tafel beachten. Platz 2 wird Platz 3 und Platz 3 wird Platz 4

BETRETEN DER GARDEROBEN MIT FUSSBALLSCHUHEN VERBOTEN