



## Sommertrainingsplan (April - Oktober)

|                        | Montag                                                      | Dienstag                                                | Mittwoch                            | Donnerstag                      | Freitag                             | Heimspiele      |
|------------------------|-------------------------------------------------------------|---------------------------------------------------------|-------------------------------------|---------------------------------|-------------------------------------|-----------------|
| <b>Team Köniz U15</b>  | Ried KuRa 1/2<br>17.30 - 19.00                              | Ried KuRa 1/2<br>17.30 - 19.00<br>inkl Athletiktraining | OZK 1/2<br>17.30 - 19.00            |                                 | Ried KuRa 1/2<br>17.30 - 19.00      | Samstag<br>Ried |
| <b>Team Köniz FE14</b> | Ried KuRa 1/2<br>17.30 - 19.00                              | Ried KuRa 1/2<br>17.30 - 19.00<br>inkl Athletiktraining | Ried KuRa 1/1<br>17.30 - 19.00      |                                 | Ried KuRa 1/2<br>17.30 - 19.00      | Samstag<br>Ried |
| <b>Team Köniz FE13</b> | Liebefeld KuRa 1/2<br>17.30 - 19.00<br>inkl. Goalietraining |                                                         | Liebefeld KuRa 1/2<br>17.30 - 19.00 |                                 | Liebefeld KuRa 1/2<br>17.30 - 19.00 | Samstag<br>Ried |
| <b>Team Köniz FE12</b> | Liebefeld KuRa 1/2<br>17.30 - 19.00<br>inkl. Goalietraining |                                                         | Liebefeld KuRa 1/2<br>17.30 - 19.00 |                                 | Liebefeld KuRa 1/2<br>17.30 - 19.00 | Samstag<br>Ried |
| <b>Torhüter</b>        |                                                             | Liebefeld U15<br>17.00 - 18.00                          |                                     |                                 |                                     |                 |
| <b>Sportklasse</b>     | Liebefeld KuRa<br>10.30 - 12.00<br>inkl Goalietraining      | Liebefeld KuRa<br>14.30 - 16.00                         |                                     | Liebefeld KuRa<br>10.30 - 12.00 |                                     |                 |