DHC Hannover

Hallentrainingsplan Halle 2024/25 (Stand 27.09.2024)

	Montag				Dienstag					Mittwoch				Donnerstag			Freitag		
	Stocktraining	Athletik	Athletik	Extern	Stocktraining	Atheletik	Feld	Extern	Stocktraining	Athletik	Athletik	Extern	Stocktraining	Athletik	Extern	Stocktraining	Athletik	Extern	
15.00-15.15																Mini			15.00-15.15
15.15-15.30																Basti			15.15-15.30
15.30 -15.45																Rosa, Leo			15.30 -15.45
15.45 -16.00					TW				wU8										15.45 -16.00
16.00 - 16.15	mU10				15.45-16.30				Lina				wU12			mU8			16.00 - 16.15
16.15 - 16.30	Moritz				wU12								Michael	mU10		Basti			16.15 - 16.30
16.30 - 16.45	Co: Tom				Michael									Tom			wU10		16.30 - 16.45
16.45 - 17.00						mU12			mU8	wU8	wU10								16.45 - 17.00
17.00 - 17.15						Mike	mU10	Lutherschule	Basti	Lina, Anna			mU10	wU12				wU8	17.00 - 17.15
17.15 - 17.30	mU14	mU10					Technik	TW					Moritz	Lotta, Sophia		wU10	mU8	Lina	17.15 - 17.30
17.30 -17.45	Mike	Tom					Feld									Basti			17.30 -17.45
17.45 -18.00	Co: Ole, (Maks?)				mU12	wU12	Moritz, Tom		wU10		mU8				mU12		wU16	Lutherschule	17.45 -18.00
18.00 - 18.15		wU14			Mike	Lotta, Sophia			Basti				wU14		Mike, Manuel				18.00 - 18.15
18.15 - 18.30													Michael						18.15 - 18.30
18.30 - 18.45									mU14				Co: Jolina?	Damen		wU16			18.30 - 18.45
18.45 - 19.00	wU14		mU14						Mike	wU16					Blaue Schule	Basti			18.45 - 19.00
19.00 - 19.15	Michael		Mike													Co: Moritz			19.00 - 19.15
19.15 - 19.30	Co: Jolina?	mU16			1. Herren								1. Damen	wU14	mU16				19.15 - 19.30
19.30 - 19.45					Mike				wU16				Tim		Sven				19.30 - 19.45
19.45 - 20.00									Basti	2. He									19.45 - 20.00
20.00 - 20.15	mU16			IGS Linden					Co: Moritz							Eltern			20.00 - 20.15
20.15 - 20.30	Michael			2. Damen											Blaue Schule				20.15 - 20.30
20.30 - 20.45	Co: ??			Tim															20.30 - 20.45
20.45 - 21.00					1. Damen				2. He				1. Herren						20.45 - 21.00
21.00 - 21.15					Tim								Mike						21.00 - 21.15
21.15 - 21.30																			21.15 - 21.30
21.30 - 21.45	Ecken																		21.30 - 21.45
21.45 - 22.00																			21.45 - 22.00
22.00 - 22.15																			22.00 - 22.15