

# Berlin Buffalos Trainingsplan

## Mommsenstadion (und Lilli-Henoch-Halle)

|          | Montag       | Dienstag           | Mittwoch | Donnerstag         | Freitag | Samstag           | Sonntag |
|----------|--------------|--------------------|----------|--------------------|---------|-------------------|---------|
| 10:00:00 |              |                    |          |                    |         | Laufschule        |         |
| 10:15:00 |              |                    |          |                    |         |                   |         |
| 10:30:00 |              |                    |          |                    |         |                   |         |
| 10:45:00 |              |                    |          |                    |         |                   |         |
| 11:00:00 |              |                    |          |                    |         | U8                |         |
| 11:15:00 |              |                    |          |                    |         | &                 |         |
| 11:30:00 |              |                    |          |                    |         | Eltern            |         |
| 11:45:00 |              |                    |          |                    |         | (geteilte Fläche) |         |
| 12:00:00 |              |                    |          |                    |         | U10               |         |
| 12:15:00 |              |                    |          |                    |         |                   |         |
| 12:30:00 |              |                    |          |                    |         |                   |         |
| 12:45:00 |              |                    |          |                    |         |                   |         |
| 13:00:00 |              |                    |          |                    |         | U13               |         |
| 13:15:00 |              |                    |          |                    |         |                   |         |
| 13:30:00 |              |                    |          |                    |         |                   |         |
| 13:45:00 |              |                    |          |                    |         |                   |         |
| 14:00:00 |              |                    |          |                    |         |                   |         |
| 14:15:00 |              |                    |          |                    |         |                   |         |
| 14:30:00 |              |                    |          |                    |         |                   |         |
| 14:45:00 |              |                    |          |                    |         |                   |         |
| 15:00:00 |              |                    |          |                    |         |                   |         |
| 15:15:00 |              |                    |          |                    |         |                   |         |
| 15:30:00 |              |                    |          |                    |         |                   |         |
| 15:45:00 |              |                    |          |                    |         |                   |         |
| 16:00:00 |              |                    |          |                    |         |                   |         |
| 16:15:00 | U8           |                    |          |                    |         |                   |         |
| 16:30:00 | &            |                    |          |                    |         |                   |         |
| 16:45:00 | Laufschule   |                    |          |                    |         |                   |         |
| 17:00:00 |              |                    |          |                    |         |                   |         |
| 17:15:00 | U10          |                    |          |                    |         |                   |         |
| 17:30:00 |              |                    |          |                    |         |                   |         |
| 17:45:00 |              |                    |          |                    |         |                   |         |
| 18:00:00 |              |                    |          |                    |         |                   |         |
| 18:15:00 |              |                    |          |                    |         |                   |         |
| 18:30:00 |              | U13                |          |                    |         |                   |         |
| 18:45:00 |              | &                  |          |                    |         |                   |         |
| 19:00:00 |              | U8 + U10 + Eltern  |          |                    |         |                   |         |
| 19:15:00 |              | &                  |          |                    |         |                   |         |
| 19:30:00 |              | Torwart-Training   |          |                    |         |                   |         |
| 19:45:00 |              | Lilli-Henoch-Halle |          |                    |         |                   |         |
| 20:00:00 |              | (geteilte Halle)   |          | Bundesliga         |         |                   |         |
| 20:15:00 | U16 + U19    |                    |          | Unitas             |         |                   |         |
| 20:30:00 | &            |                    |          |                    |         |                   |         |
| 20:45:00 | Herren-Regio |                    |          | Lilli-Henoch-Halle |         |                   |         |
| 21:00:00 |              |                    |          |                    |         |                   |         |
| 21:15:00 |              |                    |          |                    |         |                   |         |
| 21:30:00 |              |                    |          |                    |         |                   |         |
| 21:45:00 |              |                    |          |                    |         |                   |         |
| 22:00:00 |              |                    |          |                    |         |                   |         |

