

## Træningsplan for perioden 22. oktober 2018 til 31. marts 2019

### Holdoversigt over træningstider på Kunstgræsbanen.

| Hold                | Man       | Omr | Tir       | Omr | Ons       | Omr | Tor       | Omr | Fre         | Omr |
|---------------------|-----------|-----|-----------|-----|-----------|-----|-----------|-----|-------------|-----|
| 2. Div              | 1800-1930 | AB  | 1800-1930 | AB  |           |     | 1800-1930 | AB  |             |     |
| AS                  |           |     | 1930-2100 | AB  |           |     | 1930-2100 | A   |             |     |
| Serie 2             |           |     | 1930-2100 | C   |           |     | 1930-2100 | B   |             |     |
| Veteran/OB70        | 1930-2100 | AB  |           |     |           |     |           |     |             |     |
| Kvinde Senior       |           |     |           |     | 1930-2100 | B   |           |     |             |     |
| U18 Piger           |           |     |           |     | 1800-1930 | C   |           |     |             |     |
| U16 Piger           | 1800-1930 | C   |           |     | 1800-1930 | AB  |           |     |             |     |
| U14 Piger           | 1630-1800 | B   |           |     | 1630-1800 | AB  |           |     |             |     |
| U13 Piger           |           |     |           |     | 1630-1800 | AB  |           |     | 15.00-16.30 | C   |
| U11 Piger           |           |     |           |     | 1800-1930 | D   |           |     |             |     |
| Serie 4             | 1930-2100 | D   |           |     |           |     |           |     |             |     |
| U19 Drengene liga 1 |           |     | 1930-2100 | D   |           |     | 1930-2100 | D   |             |     |
| U19 Drengene 2 og 3 | 1930-2100 | C   |           |     |           |     | 1930-2100 | C   |             |     |
| U17 Drengene        |           |     |           |     | 1930-2100 | CD  |           |     | 1800-1930   | AB  |
| U16 Drengene        |           |     |           |     | 1930-2100 | A   |           |     | 1800-1930   | C   |
| U15 Drengene        | 1630-1800 | A   |           |     |           |     | 1800-1930 | D   |             |     |
| U14 Drengene 2 og 3 |           |     |           |     |           |     |           |     | 1500-1630   | AB  |
| U14 Drengene        | 1800-1930 | D   | 1800-1930 | CD  |           |     |           |     | 1800-1930   | D   |
| U13 Drengene        |           |     |           |     |           |     |           |     | 1500-1630   | D   |
| U13 Drengene        | 1630-1800 | C   |           |     | 1630-1800 | D   | 1800-1930 | C   | 1630-1800   | A   |
| U12 Drengene        | 1630-1800 | D   |           |     |           |     | 1630-1800 | AB  |             |     |
| U11 Drengene        |           |     |           |     |           |     | 1630-1800 | CD  |             |     |
| U10 Drengene        |           |     | 1630-1800 | AB  |           |     |           |     |             |     |
| U9 Drengene         |           |     | 1630-1800 | CD  |           |     |           |     |             |     |
| U8 Drengene         |           |     |           |     | 1630-1800 | C   |           |     |             |     |
| U7 Drengene         |           |     |           |     | 1630-1800 | 3M  |           |     |             |     |
| U6 Drengene         |           |     |           |     |           |     |           |     |             |     |
| U5 Drengene         |           |     |           |     |           |     |           |     |             |     |
| Dalum Skills        |           |     |           |     |           |     |           |     | 1630-1800   | CD  |

### Holdoversigt over træningstider på Multibanen.

| Hold           | Man       | Tir       | Ons       | Tor       | Fre         |
|----------------|-----------|-----------|-----------|-----------|-------------|
| Masters        |           |           | 1900-2100 |           |             |
| U16 piger - 3  |           |           |           | 1900-2000 |             |
| U13 Piger      |           |           | 1800-1900 |           |             |
| U10 Piger      | 1700-1800 |           |           |           |             |
| U12 Piger      |           |           | 1630-1800 |           |             |
| U19 Drengene   | 1800-1900 |           |           |           |             |
| U14 Drengene 4 |           |           |           |           | 16.00-17.00 |
| U11 Dr.        |           | 1630-1800 |           |           |             |
| U10 Dr.        |           |           |           | 1800-1900 |             |
| U9 Dr.         |           |           |           | 1700-1800 |             |
| U6 Dr.         |           |           |           |           | 1700-1800   |



