

Trainingsweekend Power Wave Buochs- Ennetbürgen

Trainingsplan, 12. + 13. Sept. 09

| | Samstag: Trainings für alle Mannschaften | Sonntag: Testspiele |
|---------|--|---------------------|
| 08.00 h | | |
| 08.30 h | | |
| 09.00 h | Training Junioren C | |
| 09.30 h | | |
| 10.00 h | | |
| 10.30 h | Training Junioren D | |
| 11.00 h | | |
| 11.30 h | | |
| 12.00 h | | |
| 12.30 h | Torhütertraining | |
| 13.00 h | | |
| 13.30 h | | |
| 14.00 h | Training Junioren B | |
| 14.30 h | | |
| 15.00 h | | |
| 15.30 h | | |
| 16.00 h | Training U21 Junioren | |
| 16.30 h | | |
| 17.00 h | | |
| 17.30 h | | |
| 18.00 h | | |
| 18.30 h | Training Herren 1 | |
| 19.00 h | | |
| 19.30 h | | |
| 20.00 h | | |

Fitnessstraining:

Junioren B

Junioren U 21

Junioren B, 10.00 Uhr

Junioren C, 11.00 Uhr

Regelkunde Junioren B, C, D

Fitnessstraining:

Junioren D

Junioren C

Junioren D, 13.30 Uhr

Fitnessstraining:

Herren 1

U21 Junioren, 15.00 Uhr

Herren 1, 16.30 Uhr