



VB Parken Træningsplan

1.4.2015	Forår	Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	Friområde
Mandag	08:00-16:00						1. Div		
	16:00-16:30		U13/14/15M (1+2+6)	U13/14/15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		U8-U10 Piger (12)
	16:30-17:00		U13/14/15M (1+2+6)	U13/14/15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		U8-U10 Piger (12)
	17:00-17:30		U13/14/15M (1+2+6)	U13/14/15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		U8-U10 Piger (12)
	17:30-18:00	1. div kv. (9)	U17M/A (3)	U13/14/15M (1+2+6)	U13P/14P/15P (10)	U17L (7) 17P (12)	U16E/17/19L (7-4)		
	18:00-18:30	1. div kv. (9)	U17M/A (3)	U11/U12 (5)	U13P/14P/15P (10)	U17P (12)			U10 (5)
	18:30-19:00	1. div kv. (9)	U17M/A (3)	U11/U12 (5)	U13P/14P/15P (10)	U17P (12)			U10 (5)
	19:00-19:30	Kampe (4+2)	U17M/A (3)	U11/U12 (5)					U10 (5)
	19:30-21:00	Kampe (12-6)							



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Tirsdag	08:00 – 16:00								
	16:00 – 16:30		U13/14/15M (1+2+6)	U13/14/15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	16:30 – 17:00		U13/14/15M (1+2+6)	U13-14-15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	17:00 – 17:30		U13/14/15M (1+2+6)	U13/14/15M (1+2+6)		U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	17:30 – 18:00	1. div kv. (9)	U13/14/15M (1+2+6)	U13/14/15M 1+2+6)	U15P/17P (10+12)	U16E/17L (7) U15P (10) U17P (12)	U16E/17/19L (7-4)		U9 (5)
	18:00 – 18:30	1. div kv. (9)		U11/U12 (5)	U15P/17P (10+12)	U15P/17P (10+12)			U9 (5)
	18:30 – 19:00	1. div kv. (9)		U11/U12 (5)	U15P/17P (10+12)	U15P/17P (10+12)			U9 (5)
	19:00 - 19:30	Kampe (1+2)	U19 (4)	U11/U12 (5)	Serie 3 (6)	Serie 1 (7)			
	19:30 – 21:00	Kampe (1-2)	U19 (4)		Serie 3 (6)	Serie 1 (7)			Kampe (5+12)



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1.4.2015	Forår	Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	Friområde
Onsdag	08:00 – 16:00						1.Div (10)		
	16:00 – 16:30								U8-U10 Piger (12)
	16:30 – 17:00								U8-U10 Piger (12)
	17:00 – 17:30							U5/U6/U7 (5)	U8-U10 Piger (12)
	17:30 – 18:00		U13P (3)		Kampe	Kampe		U5/U6/U7 (5)	
	18:00 – 18:30		U13P (3)	Serie 2 kv (12)	Kampe	Kampe			U10 (5)
	18:30 – 19:00	Kampe (7-1)	U13P (3)	Serie2 Kv (12)	Kampe	Kampe			U10 (5)
	19:00 – 19:30	Kampe (7-1)		Serie 2 kv (12)					U10 (5)
	19:30 - 21:00	Kampe (7-1)							



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1.4.2015	Forår	Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Bane 8	Kunst	Friområde
Torsdag	08:00 – 16:00								
	16:00 – 16:30		U13/14/15M (1+2+6)	U12 (5)	U13/14/15M (1+2+6)	U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	16:30 – 17:00		U13/14/15M (1+2+6)	U12 (5)	U13/14/15M (1+2+6)	U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	17:00 – 17:30		U13/14/15M (1+2+6)	U12 (5)	U13/14/15M (1+2+6)	U16E/17/19L (7-4)	U16E/17/19L (7-4)		
	17:30 – 18:00	1. div kv. (9)	U13P/14P (10)	U17M/A (3)	U15P/17P (10+12)	U16E/17L (7) U17P (12)	U16E/17/19L (7-4)		U9/U11 (5)
	18:00 – 18:30	1. div kv. (9)	U13P/14P (10)	U17M/A (3)	U11 (5)	U15P/17P (10+12)			U9/U10 (5)
	18:30 – 19:00	1. div kv. (9)	U13P/14P (10)	U17M/A (3)	U11 (5)	U15P/17P (10+12)			U9/U10 (5)
	19:00 - 19:30	Kampe (1+2)	U19 (4)	U17M/A (3)	Serie 3 (6)	Serie 1 (7)			U10 (5)
	19:30 – 20:00	Kampe (1+2)	U19 (4)		Serie 3 (6)	Serie 1 (7)			
	20:00 - 20:30	Kampe (1+2)	U19 (4)		Serie 3 (6)	Serie 1 (7)			



VB Parken Træningsplan

01-04-2015		Bane 3	Bane 4	Bane 5	Bane 6	Bane 7	Fri Områder	Kunst
Søndag	10:00 – 11:30							Oldboys (12)
	11:45 - 14:00							
	15:30 – 16:00							
	16:00 – 16:30							
	16:30 – 17:00							
	17:00 – 17:30							
	17:30 – 18:00							
	18:00 – 18:30							
	18:30 – 19:00							
	19:00 - 19:30							
	19:30 – 20:00							
	20:00 – 20:30							