



Trainingsplan FC Bonaduz Saison 2020/21



| Zeit | Montag | | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | | Zeit | | |
|---------|------------|-------|-----------|-------|--------|------------|-------|-----------|-------|------------|---|-----------|---|------------|-------|-----------|-------|------------|-------|-----------|---|---------|---------|---------|
| | Tuleu West | | Tuleu Ost | | Thusis | Tuleu West | | Tuleu Ost | | Tuleu West | | Tuleu Ost | | Tuleu West | | Tuleu Ost | | Tuleu West | | Tuleu Ost | | | | |
| | S | N | W | O | | S | N | W | O | S | N | W | O | S | N | W | O | S | N | W | O | | | |
| 16.30 h | | | | | | | | | | | | | | | | | | | | | | 16.30 h | | |
| 16.45 h | | | | | | | | | | | | | | | | | | | | | | | 16.45 h | |
| 17.00 h | | | | | | | | | | | | | | | | | | | | | | | 17.00 h | |
| 17.15 h | | | | | | | | | | | | | | | | | | | | | | | 17.15 h | |
| 17.30 h | | | | | | | | | 17:30 | | | | | | | | | | | | | | 17.30 h | |
| 17.45 h | | | | | | | | 17:45 | G | | | | | | | | 17:45 | | | | | | 17.45 h | |
| 18.00 h | 18:00 | 18:00 | | | | F | G | 18:00 | 18:00 | | | | | 18:00 | 18:00 | F | | | | | | | 18.00 h | |
| 18.15 h | Da | Db | | | | F | G | Ea | Eb | | | | | Da | Db | Ea | Eb | F | | | | | 18.15 h | |
| 18.30 h | Da | Db | | 18:30 | | F | G | Ea | Eb | | | | | Da | Db | Ea | Eb | F | 18:30 | | | | 18.30 h | |
| 18.45 h | Da | Db | | C | | F | 19:00 | Ea | Eb | | | | | Da | Db | Ea | Eb | F | C | | | | 18.45 h | |
| 19.00 h | Da | Db | | C | | 19:15 | 19:00 | Ea | Eb | | | | | Da | Db | Ea | Eb | 19:15 | C | | | | 19.00 h | |
| 19.15 h | 19:30 | 19:30 | | C | | | C | 19:30 | 19:30 | | | | | 19:30 | 19:30 | 19:30 | 19:30 | 19:15 | C | | | | 19.15 h | |
| 19.30 h | | | | C | 19:30 | 19:30 | C | 19:30 | 19:30 | | | | | 19:30 | | 19:30 | | B | C | | | 19:30 | 19.30 h | |
| 19.45 h | | | | C | B | 1 | C | V | S | | | | | Ge | | 1 | B | C | | | | 1 | 19.45 h | |
| 20.00 h | | | | C | B | 1 | C | V | S | | | | | Ge | | 1 | B | C | | | | 1 | 20.00 h | |
| 20.15 h | | | | 20:30 | B | 1 | 20:30 | V | S | | | | | Ge | | 1 | B | 20:30 | | | | 1 | 20.15 h | |
| 20.30 h | | | | | B | 1 | | V | S | | | | | Ge | | 1 | 20:45 | | | | | 1 | 20.30 h | |
| 20.45 h | | | | | 21:00 | 21:00 | | 21:00 | 21:00 | | | | | 21:00 | | 21:00 | | | | | | | 1 | 20.45 h |
| 21.00 h | | | | | | | | | | | | | | | | | | | | | | | | 21.00 h |
| 21.15 h | | | | | | | | | | | | | | | | | | | | | | | | 21.15 h |

Legende:

| | | | |
|-----------|---------------------|----------|------------|
| 1 | 1. Mannschaft | --- | Junioren A |
| --- | 2. Mannschaft | B | Junioren B |
| S | Senioren (30+) | C | Junioren C |
| V | Veteranen (40+) | D | Junioren D |
| Ge | Gentleman | E | Junioren E |
| --- | Goalie Training A-C | F | Junioren F |
| --- | Goalie Training D | G | Junioren G |

- Die dunkelblauen Belegungszeiten müssen für die Markierung frei bleiben !
- Die Zeiten und Belegungen müssen strikte eingehalten werden. Änderungswünsche sind an den Chef Trainingsplan zu richten!
- Spiel- und Schussübungen auf die Spieltore sind in unserem Interesse verboten! Die Tore sind fahrbar (Ost) oder es können fahrbare aufgestellt werden!
- Bei gesperrten Feldern (nach langen Regenfällen) wechseln die Mannschaften selbständig auf das Eisfeld oder Nebefeld und sprechen sich untereinander ab!