

Trainingsplan VfL Sindelfingen

Gültig ab 11.09.2023

Montag		Dienstag				Mittwoch		Donnerstag			Freitag			Samstag	Sonntag		
Gültig ab 11.09.2023		8.45 - 10.45 Kita Stelle Roter Berg Coach: <u>Frixos</u>				13.00 - 14.00 Uhr Bodentechnik/-randori Schüler Gynmasium Unterrieden Coach: Patrick & Kim Ort: Unterrieden		8.30 - 9.45 Uhr Kita Grünäcker Coach: <u>Frixos</u>						9.30 - 11.00 U18+ Athletiktraining Coach: <u>Simon, Chris</u> Ort: Krafraum		9.00 - 10.30 U18+ Lauftraining Coach: <u>Marius & Fabian</u> Ort: Glaspalast	
								10.00 - 12.00 Uhr Kita Sommerhofen Coach: <u>Frixos</u>									
		13.45 - 16.00 Uhr Kita Karl Hummel Coach: <u>Frixos</u> & Cristina															
16.00 - 17.30 U9 Fortgeschrittene/U11 Coach: <u>Gadiel</u> , Kim, Cristina Ort: Judo-Halle	16.00 - 17.30 U11/13 Mädchen Coach: <u>Frixos</u> & Sofie Ort: Dojo	16.30 - 17.30 U6 Judo-Kita Coach: <u>Alina</u> & Cristina Ort: Judo-Halle	16.30 - 17.30 U9 Beginner Coach: <u>Marius</u> Ort: Judo-Halle	16.00 - 17.30 U11 Beginner Coach: <u>Gadiel</u> Ort: Dojo	16.00 - 17.30 U11/13 Mädchen Coach: <u>Frixos</u> & Cristina Ort: Judo- Halle	16.00 - 17.30 U11 Fortgeschrittene Coach: <u>Gadiel</u> & Kim Ort: Judo- Halle	16.30 - 17.30 U6 Judo-Kita Coach: <u>Alina</u> , Cristina Ort: Dojo	16.00 - 17.30 U9 Fortgeschrittene Coach: <u>Marius</u> & <u>Frixos</u> Ort: Judo-Halle	16.00 - 17.30 U11 Fortgeschrittene Coach: <u>Gadiel</u> , Cristina & Sofie Ort: Judo- Halle			10.30 - 12.00 U18+ Zirkeltraining Coach: <u>Fabian</u> Ort: Glaspalast					
17.30 - 19.00 U13/U15 Wettkampftraining Coach: <u>Frixos</u> , Kim & Cristina Ort: Dojo	17.30 - 18.30 U18+ Athletik Coach: <u>Gadiel</u> Ort: Krafraum	17.30 - 19.00 U13/U15 Techniktraining, Schwerpunkt Kyu- Training inkl. Theorie Coach: <u>Gerald</u> & Cristina Ort: Judo-Halle		17.30 - 18.30 U18+ Technik (BSP) Coach: LT Ort: Dojo	17.30 - 19.00 U13/U15 Wettkampftraining Coach: <u>Frixos</u> , <u>Gadiel</u> & Cristina Ort: Judo-Halle		17.30 - 19.30 U11/U13/U15 Stützpunkt Coach: <u>Frixos</u> Ort: Judo-Halle		18.00 - 19.00 U18+ Technik (BSP) Coach: <u>Gadiel</u> + LT Ort: Dojo	17.30 - 19.00 U13/U15 Techniktraining, Kyu- Training Coach: <u>Gerald</u> & Cristina Ort: Judo-Halle	17.30 - 19.00 U13/U15 Wettkampf- training Coach: <u>Frixos</u> Ort: Judo-Halle			17.30 - 19.00 U18/U21 Technik-Taktik Coach: <u>Gadiel</u> Ort: Dojo			
18.30 - 20.30 U18+ Wettkampftraining Coach: <u>Gadiel</u> , Tom Ort: Judo-Halle		18.30 - 20.00 U18+ Stützpunkttraining Coach: LT Ort: Judo-Halle		19.00 - 20.30 U18+ Kyu/DAN Coach: <u>Denis</u> & <u>Gerald</u> Ort: Dojo	19.00 - 21.00 U18+ Wettkampftraining Coach: <u>Gadiel</u> , Tom, Kim Ort: Judo-Halle	19.00 - 20.30 Frauenfitness Coach: Regina & Fabi Ort: Dojo	19.00 - 21.00 U18+ Stützpunkt Coach: LT + <u>Gadiel</u> Ort: Judo-Halle		19.00 - 21.00 U18+ Freitagstraining Coach: Conny & Matze Ort: Judo-Halle					19.00 - 20.30 U18+ Athletik Coach: <u>Gadiel</u> Ort: Krafraum			

Altersklasse	Jahrgänge	Ansprechpartner	Coaches	Vorstand
Kita	2018, 2019, 2020	<u>Frixos</u> Raidos	<u>Frixos</u> Raidos, Cristina Hammer	Simon Kristen
U6	2018, 2019, 2020	<u>Frixos</u> Raidos	<u>Frixos</u> Raidos, Alina Lengweiler, Cristina Hammer	Simon Kristen
U9	2015, 2016, 2017	Marius Kölblinger	<u>Frixos</u> Raidos, Cristina Hammer, <u>Gadiel</u> Miranda, Kim Ruf, Marius Kölblinger	Simon Kristen
U11	2013, 2014	<u>Gadiel</u> Miranda	<u>Gadiel</u> Miranda, Cristina Hammer, Kim Ruf, Sofie Gonzalez	René Schneider
U13	2011, 2012	<u>Frixos</u> Raidos	<u>Frixos</u> Raidos, Kim Ruf, <u>Gadiel</u> Miranda, Cristina Hammer	René Schneider
U15	2009, 2010	<u>Frixos</u> Raidos	<u>Frixos</u> Raidos, Kim Ruf, <u>Gadiel</u> Miranda, Cristina Hammer	René Schneider
U18	2006, 2007, 2008	<u>Gadiel</u> Miranda	<u>Gadiel</u> Miranda + Landestrainer	Chris Behr
U21	2003, 2004, 2005	<u>Gadiel</u> Miranda	<u>Gadiel</u> Miranda + Landestrainer	Chris Behr
Seniors	2006+	<u>Gadiel</u> Miranda	<u>Gadiel</u> Miranda, Conny Gaal, Matze Gaal, Regina Kristen, Fabian Häßner	Chris Behr
KYU/DAN	alle	Gerald Kölblinger	Gerald Kölblinger, Denis Olemberg	René Schneider
Unterstützung	alle	<u>Gadiel</u> Miranda	Andi Finkbeiner, Milot Jusufi, Fabio Spinder, Nelly Specht, Sarah Baitinger	René Schneider

