## Ganzjahresplan Saison 2024/25 (gültig ab 24.03.2025)

DJK TUSA 06 DÜSSELDORF E.V.

| | KR | | | | NKR | | | | | KR | | | | NKR | | | | | KR | | | | NKR | | | | | KR | | | | NKR | | | | | KR | | | | NKR | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Montag | A | B | C | D | A | B | C | D | Dienstag | A | B | C | D | A | B | C | D | Mittwoch | A | B | C | D | A | B | C | D | Donnerstag | A | B | C | D | A | B | C | D | Freitag | A | B | C | D | A | B | C | D |
| 16.00 -16.15 | | | | | | | | | 16.00 -16.15 | | | | | | | | | 16.00 -16.15 | | | | | | | | | 16.00 -16.15 | MadB | MadB | MadB | MadB | | | | | 16.00 -16.15 | | | | | | | | TW |
| 16.15-16.30 | | | | | | | | | 16.15-16.30 | | | | | | | | | 16.15-16.30 | | | | | | | | | 16.15-16.30 | MadB | MadB | MadB | MadB | | | | | 16.15-16.30 | | | | | | | | TW |
| 16.30-16.45 | F1 | F2 | F3 | F4 | E1 | E2 | E3 | E4 | 16.30-16.45 | E1 M | E2 M | F1M | D2 M | G | G | D3 | C2 M | 16.30-16.45 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 16.30-16.45 | MadB | MadB | MadB | MadB | D1-U13 | D2-U12 | D3 | Inkl. | 16.30-16.45 | C2 M | C2 M | G | G | | | | TW |
| 16.45-17.00 | F1 | F2 | F3 | F4 | E1 | E2 | E3 | E4 | 16.45-17.00 | E1 M | E2 M | F1M | D2 M | G | G | D3 | C2 M | 16.45-17.00 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 16.45-17.00 | E1 M | E2 M | F1M | D2 M | D1-U13 | D2-U12 | D3 | Inkl. | 16.45-17.00 | C2 M | C2 M | G | G | | | | TW |
| 17.00-17.15 | F1 | F2 | F3 | F4 | E1 | E2 | E3 | E4 | 17.00-17.15 | E1 M | E2 M | F1M | D2 M | G | G | D3 | C2 M | 17.00-17.15 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 17.00-17.15 | E1 M | E2 M | F1M | D2 M | D1-U13 | D2-U12 | D3 | Inkl. | 17.00-17.15 | C2 M | C2 M | G | G | | | | TW |
| 17.15-17.30 | F1 | F2 | F3 | F4 | E1 | E2 | E3 | E4 | 17.15-17.30 | E1 M | E2 M | F1M | D2 M | G | G | D3 | C2 M | 17.15-17.30 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 17.15-17.30 | E1 M | E2 M | F1M | D2 M | D1-U13 | D2-U12 | D3 | Inkl. | 17.15-17.30 | C2 M | C2 M | G | G | | | | TW |
| 17.30-17.45 | F1 | F2 | F3 | F4 | E1 | E2 | E3 | E4 | 17.30-17.45 | E1 M | E2 M | F1M | D2 M | G | G | D3 | C2 M | 17.30-17.45 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 17.30-17.45 | E1 M | E2 M | F1M | D2 M | D1-U13 | D2-U12 | D3 | Inkl. | 17.30-17.45 | C2 M | C2 M | G | G | | | | TW |
| 17.45-18.00 | C1 M | B1 | B1 M | B1 M | C2-U14 | C flex | C1-U15 | C3 | 17.45-18.00 | C1-U15 | C1-U15 | C1 M | C1 M | G | G | D3 | C2 M | 17.45-18.00 | E1 | E2 | E3 | E4 | F1 | F2 | F3 | F4 | 17.45-18.00 | E1 M | E2 M | F1M | D2 M | D1-U13 | D2-U12 | D3 | Inkl. | 17.45-18.00 | C2 M | C2 M | G | G | | | | TW |
| 18.00-18-15 | C1 M | B1 | B1 M | B1 M | C2-U14 | C flex | C1-U15 | C3 | 18.00-18-15 | C1-U15 | C1-U15 | C1 M | C1 M | D1-U13 | D2-U12 | B2M | D1 M | 18.00-18-15 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 18.00-18-15 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 18.00-18-15 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 18.15-18.30 | C1 M | B1 | B1 M | B1 M | C2-U14 | C flex | C1-U15 | C3 | 18.15-18.30 | C1-U15 | C1-U15 | C1 M | C1 M | D1-U13 | D2-U12 | B2M | D1 M | 18.15-18.30 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 18.15-18.30 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 18.15-18.30 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 18.30-18.45 | C1 M | B1 | B1 M | B1 M | C2-U14 | C flex | C1-U15 | C3 | 18.30-18.45 | C1-U15 | C1-U15 | C1 M | C1 M | D1-U13 | D2-U12 | B2M | D1 M | 18.30-18.45 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 18.30-18.45 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 18.30-18.45 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 18.45-19.00 | C1 M | B1 | B1 M | B1 M | C2-U14 | C flex | C1-U15 | C3 | 18.45-19.00 | C1-U15 | C1-U15 | C1 M | C1 M | D1-U13 | D2-U12 | B2M | D1 M | 18.45-19.00 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 18.45-19.00 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 18.45-19.00 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 19.00-19.15 | C1 M | B1 | B1 M | B1 M | BSG | BSG | BSG | BSG | 19.00-19.15 | C1-U15 | C1-U15 | C1 M | C1 M | D1-U13 | D2-U12 | B2M | D1 M | 19.00-19.15 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 19.00-19.15 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 19.00-19.15 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 19.15-19.30 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 19.15-19.30 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | D1-U13 | D2-U12 | B2M | D1 M | 19.15-19.30 | C3 | C3 | C2-U14 | D1 M | B2 M | B2 M | B1 | B1 | 19.15-19.30 | C1-U15 | C1-U15 | C2-U14 | C2-U14 | B1 M | B1 M | A | A | 19.15-19.30 | D1 M | D1 M | B1 M | B1 M | B2 M | B2 M | C1 M | C1 M |
| 19.30-19.45 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 19.30-19.45 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | Fr 1 | Fr1 | Fr2 | Fr2 | 19.30-19.45 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 19.30-19.45 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 19.30-19.45 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 19.45-20.00 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 19.45-20.00 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | Fr 1 | Fr1 | Fr2 | Fr2 | 19.45-20.00 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 19.45-20.00 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 19.45-20.00 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 20.00-20.15 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 20.00-20.15 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | Fr 1 | Fr1 | Fr2 | Fr2 | 20.00-20.15 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 20.00-20.15 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 20.00-20.15 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 20.15-20.30 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 20.15-20.30 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | Fr 1 | Fr1 | Fr2 | Fr2 | 20.15-20.30 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 20.15-20.30 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 20.15-20.30 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 20.30-20.45 | A | A | U19M | U19M | BSG | BSG | BSG | BSG | 20.30-20.45 | Hr 1 | Hr 1 | Hr 2 | Hr 2 | Fr 1 | Fr1 | Fr2 | Fr2 | 20.30-20.45 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 20.30-20.45 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 20.30-20.45 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 20.45-21.00 | United | United | United | United | BSG | BSG | BSG | BSG | 20.45-21.00 | Hr 1 | Hr 1 | Hr3 | Hr3 | Fr 1 | Fr1 | Fr2 | Fr2 | 20.45-21.00 | AHr | AHr | Fr2 | Fr2 | BSG | BSG | BSG | BSG | 20.45-21.00 | Hr 1 | Hr 1 | Hr2 | Hr2 | Fr 1 | Fr1 | U19 M | U19 M | 20.45-21.00 | Hr 1 | Hr 1 | B1 | B1 | Fr 1 | Fr1 | U19 M | U19 M |
| 21.00-21.15 | United | United | United | United | | | | | 21.00-21.15 | | | Hr3 | Hr3 | | | | | 21.00-21.15 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 21.00-21.15 | | | Hr3 | Hr3 | | | | | 21.00-21.15 | | | | | | | | |
| 21.15-21.30 | United | United | United | United | | | | | 21.15-21.30 | | | Hr3 | Hr3 | | | | | 21.15-21.30 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 21.15-21.30 | | | Hr3 | Hr3 | | | | | 21.15-21.30 | | | | | | | | |
| 21.30-21.45 | United | United | United | United | | | | | 21.30-21.45 | | | Hr3 | Hr3 | | | | | 21.30-21.45 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 21.30-21.45 | | | Hr3 | Hr3 | | | | | 21.30-21.45 | | | | | | | | |
| 21.45-22.00 | United | United | United | United | | | | | 21.45-22.00 | | | Hr3 | Hr3 | | | | | 21.45-22.00 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 21.45-22.15 | | | Hr3 | Hr3 | | | | | 21.45-22.00 | | | | | | | | |
| 22.00-22.15 | | | | | | | | | 22.00-22.15 | | | Hr3 | Hr3 | | | | | 22.00-22.15 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 22.00-22.15 | | | Hr3 | Hr3 | | | | | 22.00-22.15 | | | | | | | | |
| 22.15-22.30 | | | | | | | | | 22.15-22.30 | | | | | | | | | 22.15-22.30 | Uni Dssd | Uni Dssd | Uni Dssd | Uni Dssd | | | | | 22.15-22.30 | | | Hr3 | Hr3 | | | | | 22.15-22.30 | | | | | | | | |

**Es gelten nachfolgende Grundregeln, wobei wir ein freundliches, rücksichtvolles, kollegiales MITEINANDER von allen Mannschaften erwarten:**

1. Die Zeitfenster sind sowohl bei Trainingsbeginn, wie bei Trainingsende einzuhalten, d.h. es wird nicht vorher aufgebaut und zu Endzeit verlässt die Mannschaft den Platz aufgeräumt.
2. Bitte plant für den Abbau genug Zeit ein, damit nachfolgende Mannschaften pünktlich starten können.
3. Wartende Mannschaften lassen die gerade trainierenden Teams in Ruhe ihr Training beenden und stören den laufenden Trainingsbetrieb nicht.
4. Tore sind vom Spielfeld auf die dafür vorgesehenen Plätze wegzuräumen. Tragen oder Rollen = **nicht** schieben.
5. Die letzte Mannschaft schließt ab und macht das Licht aus.
6. Wenn Trainingsutensilien aus dem Raum entnommen werden, dann bitte wieder ordentlich einräumen.
7. Vor den Umkleiden, Kabinen und auf der Laufbahn ist kein Spiel- oder Trainingsplatz, wo Bälle von Teams gespielt werden, die aufs Training warten.
8. Leere Wasserflaschen, Tape, Pflaster usw. werden von den Teams nach dem Training weggeräumt.