

TRAININGSPLAN - FELD 2026 - THK & SVB

Montag		
THK Grun	THK Blau	SVB
15:00-15:15		
15:15-15:30		
15:30-15:45		15:30 - 17:00
15:45-16:00		
16:00-16:15	16:00 - 17:00 MU8 - THK Kieke Hesselman	MU8 - SVB Jan Kuller
16:15-16:30		
16:30-16:45		
16:45-17:00		
17:00-17:15	17:00 - 18:30	17:00 - 18:30
17:15-17:30		
17:30-17:45	MU10 Jan Kuller Kieke Hesselman	WU10 - SVB David Hellmann
17:45-18:00		
18:00-18:15		
18:15-18:30		
18:30-18:45		18:30 - 20:00
18:45-19:00		
19:00-19:15	19:00 - 20:30	
19:15-19:30		WU12 - VL Jorrit Lüders
19:30-19:45		
19:45-20:00	MU16 Jan Kuller	
20:00-20:15		20:00 - 22:00
20:15-20:30		
20:30-20:45	20:30 - 22:00	
20:45-21:00		1. Damen Berti Rauth Jorrit Lüders
21:00-21:15	2. Herren David Leigh	
21:15-21:30	MU18 Jan Kuller	
21:30-21:45		
21:45-22:00		

Dienstag		
THK Grun	THK Blau	SVB
	15:00 - 16:00	15:00-16:00
	WU8 (2018) - THK Michael Wilkening	SVB Ballschule - Lotta B. 15:30-16:30
16:00 - 17:30	16:00 - 17:30	16:00 - 17:30
TW Training U10 & U12 (m/w) Tobi Weisser	WU10 - THK Michael Wilkening	SVB Elbkids D.Mazur
		WU12 - RL/OL R. Michahelles J. Lüders
		17:15 - 18:45
17:30 - 19:00	17:30 - 19:00	WU14 - RL/OL Basti Biederlack Rainer Michahelles
MU12 David Hellmann Tobi Weisser		
		18:45 - 20:15
19:00 - 20:30	19:00 - 20:30	
MU14 Tobi Weisser	2. Damen / WU18 B.Rauth & J.Lüders	WU16 - VL Basti Biederlack
		WU14 - VL Basti Biederlack
		20:15 - 22:00
20:30 - 22:00	20:00 - 22:00	
1. Herren Tobi Weisser	1. Damen Berti Rauth Jorrit Lüders	Elbschnitten

Mittwoch		
THK Grun	THK Blau	SVB
	15:00-16:00	
	WU8 (2019) THK M.Wilkening	15:30-16:30
15:30 - 17:00		15:30 - 16:30
WU12 RL/OL Rainer Michahelles	16:00-17:00 TW Training wU14/wU16 Tobi Weisser	MU8 - THK K.Hesselman MU8 - SVB J.Kuller WU8 - SVB A.Tiemann
	WU10 (2016) - THK Michael Wilkening	16:30 - 18:00
17:00 - 18:30	17:00 - 18:30	MU10 J.Kuller & K.Hessleman
WU16 - OL Basti Biederlack	WU14 - RL Basti Biederlack	17:30 - 19:00
	TW Training mU14/mU16 Tobi Weisser	
18:30 - 20:00		WU10 - SVB Alex Tiemann
MU12 D.Hellmann T.Weisser	19:00 - 20:30	
	MU14 Tobi Weisser	
20:00 - 21:00		
MU16 Jan Kuller Tobi Weisser	20:30 - 22:00	20:30 - 22:00
	1. Herren / 2. Herren MU18 David Leigh	No Mercy

Bereich	Jahrgang
Ballschule	2023 / 2022
Elbkids/Minis	2021 / 2020
U8	2019 / 2018
U10	2017 / 2016
U12	2015 / 2014
U14	2013 / 2012
U16	2011 / 2010
U18	2009 / 2008

Donnerstag		
THK Grun	THK Blau	SVB
15:00-15:15		
15:15-15:30	15:00 - 16:00	
15:30-15:45	WU8 (2018) - THK Michael Wilkening	15:30 - 16:30
15:45-16:00		
16:00-16:15	16:00 - 17:30	MU8 - SVB Jan Kuller
16:15-16:30		
16:30-16:45		16:30 - 18:00
16:45-17:00	WU10 - THK M.Wilkening	THK Mini Mädchen A.Wesche
17:00-17:15		MU10 Jan Kuller
17:15-17:30	WU14 - RL Basti Biederlack Rainer Michahelles	
17:30-17:45		
17:45-18:00		17:30-19:00
18:00-18:15		
18:15-18:30	18:00 - 19:30	WU12 - VL Rainer Michahelles Jorrit Lüders
18:30-18:45		MU14 Tobi Weisser
18:45-19:00	WU16 - OL Basti Biederlack	WU14 - OL Basti Biederlack
19:00-19:15		19:00 - 21:00
19:15-19:30		MU16 Jan Kuller Tobi Weisser
19:30-19:45		2. Damen / WU18 Jorrit Lüders
19:45-20:00		
20:00-20:15		20:00 - 22:00
20:15-20:30		
20:30-20:45	20:30 - 22:00	
20:45-21:00		
21:00-21:15	1. Herren Tobi Weisser	1. Damen Berti Rauth Jorrit Lüders
21:15-21:30		
21:30-21:45		
21:45-22:00		

Freitag		
THK Grun	THK Blau	SVB
	15:00 - 16:00	15:00 - 16:00
	THK Mini Knaben Michael Wilkening	SVB Ballschule A.Tiemann SVB Elbkids Dzsesi Mazur
15:30 - 17:00		
WU12 - OL Rainer Michahelles	16:00 - 17:00	16:00 - 17:00
	WU8 (2019) - THK Michael Wilkening	WU8 - SVB Alex Tiemann
17:00 - 18:30	17:00 - 18:30	17:00 - 18:30
WU12 - RL Rainer Michahelles	WU14 - OL Basti Biederlack	WU10 - SVB David Hellmann Alex Tiemann
	WU16 - VL Basti Biederlack	WU14 - VL Basti Biederlack
		18:00 - 19:30
		MU12 David Hellmann
20:00 - 21:30		
Sodenklopper		

Mannschaften	
1. Damen	Berti Rauth / Jorrit
2. Damen	Jorrit Lüders
WU18	Berti Rauth / Jorrit
WU16	Basti Biederlack
WU14	Basti Biederlack / Rainer Michahelles
WU12	Rainer Michahelles / Jorrit Lüders
WU10 - SVB	David Hellmann / Alex Tiemann
WU10 - THK	Michael Wilkening
WU8 - SVB	Alex Tiemann
WU8 - THK	Michael Wilkening
Mini Mädchen	Anke Wesche (THK)
Elbschnitten	Alex Tiemann
1. Herren	Tobi Weisser
2. Herren	David Leigh
MU18	David Leigh / Jan Kuller
MU16	Jan Kuller / Tobi Weisser
MU14	Tobi Weisser
MU12	David Hellmann
MU10	Jan Kuller / Kieke Hesselmann
MU8 - SVB	Jan Kuller
MU8 - THK	Kieke Hesselmann
Mini Knaben	Michael Wilkening (THK)
Elbkids - SVB	Dzsesi Mazur / Alex Tiemann
TW Training	Tobi Weisser
Ballschule	Lotta Barghusen / Alex Tiemann
Sonderkloppen	
No Mercy	

