



BSV Bruchmachtersen e.V.

Saisonvorbereitung 2011/2012

www.bsv-bruchmachtersen.de

| KW | Datum | Tag | Einheit | Uhrzeit | Treffen | Art | Ziel |
|---------|---------|-----------------|------------------------|-----------|--------------------------------|--|------------------------------|
| 27 | 04. Jul | Mo | Training | 18:30 | BSV Arena | 1 x See | Grundaudauer |
| | 05. Jul | Di | | | | | |
| | 06. Jul | Mi | Training | 18:00 | Lichtenberger Kreuz | Waldlauf | Grundaudauer |
| | 07. Jul | Do | | | | | |
| | 08. Jul | Fr | Training | 17:00 | BSV Arena | 1x See + Sprint | Grundaudauer + Schnelligkeit |
| | 09. Jul | Sa | | | | | |
| 10. Jul | So | | | | | | |
| 28 | 11. Jul | Mo | Training | 18:00 | Lichtenberger Kreuz | Ausdauer + Steigerung | Grundaudauer + Schnelligkeit |
| | 12. Jul | Di | | | | | |
| | 13. Jul | Mi | Training | 18:00 | Römerbad | Ausdauer + Kraft+ Fun | Grundaudauer |
| | 14. Jul | Do | | | | | |
| | 15. Jul | Fr | Training | 17:00 | BSV Arena | Sportabzeichen Teil 1 | Ausdauer |
| | 16. Jul | Sa | | | | | |
| 17. Jul | So | | | | | | |
| 29 | 18. Jul | Mo | Training | 18:30 | Lichtenberger Kreuz | Ausdauer + Steigerung | Grundaudauer + Schnelligkeit |
| | 19. Jul | Di | | | | | |
| | 20. Jul | Mi | Training | 18:00 | BSV Arena | 2 x See | Ausdauer |
| | 21. Jul | Do | | | | | |
| | 22. Jul | Fr | Training | 17:00 | SZ - Schwimmbad | Sportabzeichen Teil 2 | Ausdauer |
| | 23. Jul | Sa | | | | | |
| 24. Jul | So | Training | | | | | |
| 30 | 25. Jul | Mo | Training | 18:30 | BSV Arena | Zirkeltraining | Schnelligkeit |
| | 26. Jul | Di | | | | | |
| | 27. Jul | Mi | Training | 18:00 | BSV Arena | Zirkeltraining | Kraft |
| | 28. Jul | Do | | | | | |
| | 29. Jul | Fr | Training | 17:00 | Lichtenberger Kreuz | Waldlauf | Ausdauer + Kraft |
| | 30. Jul | Sa | | | | | |
| 31. Jul | So | Training | 09:00 | BSV Arena | Mannschaftsschwimmen in Seesen | Beachsoccer + Golf + Kevin macht sein Seepferdchen | |
| 31 | 01. Aug | Mo | Training | 18:30 | | | |
| | 02. Aug | Di | | | | | |
| | 03. Aug | Mi | Training | 18:00 | BSV Arena | Zirkeltraining | Schnelligkeit + Kraft |
| | 04. Aug | Do | | | | | |
| | 05. Aug | Fr | Training | 17:00 | BSV Arena | Fahrrad | Fun |
| | 06. Aug | Sa | | | | | |
| 07. Aug | So | Training | 12:00 | | | | |
| 32 | 08. Aug | Mo | Training | 18:30 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 09. Aug | Di | | | | | |
| | 10. Aug | Mi | Training | 18:00 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 11. Aug | Do | | | | | |
| | 12. Aug | Fr | Training | 17:00 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 13. Aug | Sa | | | | | |
| 14. Aug | So | Training | 12:00 | | | | |
| 33 | 15. Aug | Mo | Training | 18:30 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 16. Aug | Di | | | | | |
| | 17. Aug | Mi | Training | 18:00 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 18. Aug | Do | Ferienende | | | | |
| | 19. Aug | Fr | Training | 17:00 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 20. Aug | Sa | | | | | |
| 21. Aug | So | Trainer B - Day | | | | | |
| 34 | 22. Aug | Mo | Training | 18:30 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 23. Aug | Di | | | | | |
| | 24. Aug | Mi | Training | 18:00 | BSV Arena | Training + Torwart | Technik + Taktik + Standards |
| | 25. Aug | Do | | | | | |
| | 26. Aug | Fr | Mannschaftsbesprechung | 18:00 | BSV Arena | Besprechung | Saisonsziele festlegen |
| | 27. Aug | Sa | | | | | |
| 28. Aug | So | Saisonstart | 13:15 | BSV Arena | | | |

Rasenplatz Sperrre - Rasenpflege!

Absagen laut Regelkatalog an das Trainerteam bzw. den Trainer oder Spielführer.
!!! Zu jedem Training sind Lauf-, Fußball-, sowie Hallenschuhe mitzubringen !!!

| | | |
|-------------------|-------------------|--------------------------------|
| Tefonnummer: | | |
| Trainer | Hans Becker | 0160/ 7071987 oder SZ- 8393492 |
| Co Trainer | Torsten Bogdenand | 0163/ 7707600 |
| Kapitän 1 | Florian Süß | 0160/ 1596540 |
| Kapitän 2 | Florian Schimayer | 0170/ 4057771 |