

# RIF Fodbold - Træningsplan - Efterår 2021 - Uge 28-41

| Hold              | Form     | Mandag        | Bane     | Torsdag       | Bane  | Onsdag        | Bane     | Torsdag       | Bane  | Fredag | Bane | Lørdag        | Bane |
|-------------------|----------|---------------|----------|---------------|-------|---------------|----------|---------------|-------|--------|------|---------------|------|
| Små Fødder        | Leg      |               |          |               |       |               |          |               |       |        |      | 9:00 - 10:00  | 3    |
| U6                | 3-mands  |               |          |               |       |               |          |               |       |        |      |               |      |
| U7                | 3-mands  | 17:00 - 18:00 | 3 mands  |               |       | 17:00 - 18:00 | 3 mands  |               |       |        |      |               |      |
| U8                | 5-mands  |               |          | 17:00 - 18:15 | 4CD   |               |          | 17:00 - 18:15 | 4CD   |        |      |               |      |
| U9                | 5-mands  | 16:30 - 17:45 | 4CD      |               |       | 16:30 - 17:45 | 4CD      |               |       |        |      |               |      |
| U10               | 5-mands  |               |          | 17:00 - 18:15 | 8 CDE |               |          | 17:00 - 18:15 | 8 CDE |        |      |               |      |
| U11               | 8-mands  |               |          | 17:00 - 18:30 | 4AB   |               |          | 17:00 - 18:30 | 4AB   |        |      |               |      |
| U12               | 8-mands  | 17:00 - 18:30 | 4A og 4B |               |       | 17:00 - 18:30 | 4A og 4B |               |       |        |      |               |      |
| U13               | 8-mands  | 17:15 - 18:45 | 8AB      | 17:15 - 18:45 | 8AB   |               |          | 17:15 - 18:45 | 8AB   |        |      |               |      |
| U14               | 11-mands | 17:15 - 18:30 | 5        | 17:15 - 18:45 | 3     |               |          | 17:30 - 19:00 | 3     |        |      |               |      |
| U15               | 11-mands | 17:30 - 19:00 | 3        |               |       | 17:30 - 19:00 | 3        | 17:30 - 19:00 | 1     |        |      |               |      |
| Talent Senior U21 |          | 17:30 - 18:45 |          |               |       |               |          |               |       |        |      |               |      |
| Talent Ungdom     |          | 18:45 - 20:00 | 3        |               |       |               |          |               |       |        |      |               |      |
| Målmænd           |          |               |          |               |       |               |          | 17:15 - 18:15 | 2     |        |      |               |      |
| U17               | 11-mands |               |          | 17:30 - 19:00 | 2     |               |          | 17:30 - 19:00 | 2     |        |      |               |      |
| U19               | 11-mands |               |          | 18:30 - 20:00 | 3     |               |          | 18:30 - 20:00 | 3     |        |      |               |      |
| Senior 1          | 11-mands | 18:30 - 20:00 | 5        | 18:30 - 20:15 | 5     |               |          | 18:30 - 20:15 | 5     |        |      |               |      |
| Senior 2-3        | 11-mands | 19:00 - 20:30 | 4 AB     | 18:30 - 20:00 | 3     |               |          | 18:30 - 20:00 | 3     |        |      |               |      |
| Oldboys/Vet.      | 11-mands |               |          |               |       | 18:30 - 20:00 | 4 AB     |               |       |        |      | 08:30 - 10:00 | 4 AB |