

# Trainingsplan Sommer 2019

Stand: 30.03.2019



|                   | Herren 1                                      | Herren 2                  | Herren 3                     | Junioren (U18)            | Jugend (U15)                   | Schüler (U12)                | T-Ball (U8)                  | Hobby Softball               |
|-------------------|---|---------------------------|------------------------------|---------------------------|--------------------------------|------------------------------|------------------------------|------------------------------|
| <b>Montag</b>     |   |                           |                              |                           |                                |                              |                              | 18:00 - 21:00<br>Menzelfield |
| <b>Dienstag</b>   | 18:15 - 20:45<br>Ballpark                     |                           | 18:30 - 20:30<br>Menzelfield |                           | 16:15 - 18:15<br>Ballpark      |                              |                              |                              |
| <b>Mittwoch</b>   | 17:00 - 18:30<br>Ballpark                     | 18:30 - 21:00<br>Ballpark |                              | 18:30 - 21:00<br>Ballpark |                                | 16:00 - 18:00<br>Menzelfield |                              |                              |
|                   | Pitching Practice: nach Einladung<br>Ballpark |                           |                              |                           |                                |                              |                              |                              |
| <b>Donnerstag</b> | 18:15 - 20:45<br>Ballpark                     |                           |                              |                           | 16:15 - 18:15<br>Ballpark      |                              |                              |                              |
| <b>Freitag</b>    | 18:15 - 19:45<br>Ballpark                     | 18:30 - 21:00<br>Ballpark | 18:30 - 20:30<br>Menzelfield | 16:15 - 18:15<br>Ballpark | auf Einladung<br>16:15 - 18:15 | 16:30 - 18:00<br>Menzelfield | 16:30 - 18:00<br>Menzelfield |                              |

|                |                 |                 |               |                  |                  |                |                      |                   |
|----------------|-----------------|-----------------|---------------|------------------|------------------|----------------|----------------------|-------------------|
| <b>Coaches</b> | Eckle, Klaus    | Owens, Gary     | Thoröe, Lars  | Weber, Johannes  | Grigsby, Logan   | Gühring, Simon | Seyfried, Patrick    | Antoniuk, Andreas |
|                | Winkler, Markus | Holl, Kornelius | Luccarda, Max | Marquez, Ernobel | Marquez, Ernobel | Grigsby, Logan | Hirschberger, Hannes | Sitek, Bernhard   |

|                           |                  |
|---------------------------|------------------|
| <b>Hitting-Coach</b>      | Campbell, Andrew |
| <b>Pitching-Coach</b>     | Marquez, Ernobel |
| <b>Pitching-Coach LHP</b> | Marquez, Ernobel |

Stand: 02.04.2019