

**Trainingsplan Basketball TSV Jahn Freising** **Stand: 27.04.2026**

Uhrzeit	Montag									Dienstag			Mittwoch			Donnerstag					Freitag							
	SP1	SP2	SP3	Dom	Dom	CA1	CA2	KMR1	KMR2	SP1	SP2	SP3	CA1	CA2	KMR1	SP1	SP2	SP3	KMR1	KMR2	SP1	SP2	SP3	CA1	CA2	KMR1		
14:00 - 14:30																												
14:30 - 15:00																												
15:00 - 15:30																												
15:30 - 16:00																												
16:00 - 16:30		Ballschule				u12m	u12m			u11w	u10m	u10m	u12	u12			u10m	u10m							u10m	u8		
16:30 - 17:00	u14mB	Ballschule				u12m	u12m			u11w	u10m	u10m	u12	u12			u10m	u10m							u10m	u8		
17:00 - 17:30	u14mB					u12m	u12m	u13w	u16mL	u11w	u10m	u10m	u12	u12		u11w	u10m	u10m							u12	u12	u14mB	
17:30 - 18:00	u14mB					u12m	u12m	u13w	u16mL	u18w/D2	u18w/D2	u14mL				u11w		u14mL	u13w	u15w					u12	u12	u14mB	
18:00 - 18:30								u13w	u16mL	u18w/D2	u18w/D2	u14mL				u11w		u14mL	u13w	u15w							u14mB	
18:30 - 19:00								u15w	u16mL	u18w/D2	u18w/D2	u14mL						u14mL	u13w	u15w							u16mB	
19:00 - 19:30				Freizeit	Freizeit			u15w		u18mL	u17mB	D1			u16mB			D1	u16mL	u17mB	u18mL	u18w/D2					u16mB	
19:30 - 20:00				Freizeit	Freizeit			u15w		u18mL	u17mB	D1			u16mB			D1	u16mL	u17mB	u18mL	u18w/D2					u16mB	
20:00 - 20:30	H2	H2	H3	Freizeit	Freizeit					u18mL	u17mB	D1			u16mB		H1	D1	u16mL	u17mB	u18mL	u18w/D2					Freizeit	
20:30 - 21:00	H2	H2	H3	Freizeit	Freizeit					H1	H1	H1					H1	H1	H2	H3	Open gym						Freizeit	
21:00 - 21:30	H2	H2	H3							H1	H1	H1				H1	H1	H1	H2	H3	Open gym						Freizeit	
21:30 - 22:00	H2	H2	H3							H1	H1	H1				H1	H1	H1	H2	H3	Open gym						Freizeit	