

| Solrød FC Træningsplan 50 personer forsamlingsforbud MASTER PLAN VINTER 2020/2021 Gældende fra 19.10.20 uge 43-2020 - v4 Opdateret d. 09.11.2020 | | | Kunstbane K1 (Nærmest SIC) Indgang / Udgang første luge mod SIC | | | | Kunst 3-mands (I forlængelse af K1) 3 mands baner | | | Kunstbane K2 (Nærmest Tennis) Indgang / Udgang bageste luge mod Tennis | | | | Målfelt | Græsbane 4 med lys (Bag Tennis) Ti og fra baner via ti ved Kunstbane | | | | Stadion G1 | INDEBYGGER HALLER | | | | | | | | |
|---|---------|--------------|--|-------|-----------------------|-------|--|---------|---------|---|-------|----------|----------|-------------------------|---|-----------|-----------|-----------|-----------------|-------------------|-----------|-----------|--------------------|--------------------------|----------|-----------|--|--|
| | | | K3 - 8 Mands - 50 pers. | | | | K4 - 8 Mands - 50 pers. | | | K5 - 8 mands - 50 pers. | | | | K6 - 8 mands - 50 pers. | Målfelt | G4A - 5 M | | | | G4B - 5 M | G4C - 5 M | G4D - 5 M | Bane 1 11-mands | Fra mandag d. 19.10.2020 | | | | |
| | | | K7 - 5 M | | | | K8 - 5 M | | | K9 - 5 M | | | | K10 - 5 M | K11 - 3 M | K12 - 3 M | K13 - 3 M | K14 - 5 M | | | | K15 - 5 M | K16 - 5 M | K17 - 5 M | K18 | Kun Kampe | | |
| | | | 50 pers. | | | | 50 pers. | | | 50 pers. | | | | 50 pers. | 20 pers. | 20 pers. | 20 pers. | 50 pers. | | | | 50 pers. | 50 pers. | 50 pers. | 25 pers. | | | |
| Mandag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind på anlæg | Træning | Ud fra anlæg | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.30 | 30 min. | 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 | 30 min. | 16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30 | 30 min. | 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00 | 30 min. | 17.30 | U14v | U14 | U11Dv | U11D | 68 | U9Dv | U9D | U9D | 38 | U13D (V) | U13D | U12D | U12D | | | | | | | | | | | | | |
| 17.30 | 30 min. | 18.00 | U14 | U14 | U11D | U11D | 68 | U9D | U9D | U9Dv | 38 | U13D | U13D | U12D | U12D | | | | | | | | | | | | | |
| 18.00 | 30 min. | 18.30 | U14 | U14v | U11D | U11Dv | 68 | U19v | U19 | U19 | 17 | U13D | U13D (V) | U12D | U12D | | | | | | | | | | | | | |
| 18.30 | 30 min. | 19.00 | 1KS (9+1) | | U18P/2KS (9+1) | 54 | U19 | U19 | U19 | 17 | | U17D | | Havdrup Oldboys | | | | | | | | | | | | | | |
| 19.00 | 30 min. | 19.30 | 1KS | | U18P/2KS | 54 | U19 | U19 | U19v | 17 | | U17D | | Havdrup Oldboys | | | | | | | | | | | | | | |
| 19.30 | 30 min. | 20.00 | | | | | | | | | | | | U17D | | | | | | | | | | | | | | |
| 20.00 | 30 min. | 20.30 | | | | | | | | | | | | BK96 | | | | | | | | | | | | | | |
| 20.30 | 30 min. | 21.00 | Jersie United | | | | | | | | | | | BK96 | | | | | | | | | | | | | | |
| 21.00 | 30 min. | 21.30 | | | | | | | | | | | | BK96 | | | | | | | | | | | | | | |
| 21.30 | 30 min. | 22.00 | | | | | | | | | | | | BK96 | | | | | | | | | | | | | | |
| Tirsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind på anlæg | Træning | Ud fra anlæg | Akademi (Pause) | | | | Akademi (Pause) | | | Akademi (Pause) | | | | Akademi (Pause) | Akademi (Pause) | | | | Akademi (Pause) | | | | | | | | | |
| 15.30 | 30 min. | 16.00 | Akademi (Pause) | | | | Akademi (Pause) | | | Akademi (Pause) | | | | Akademi (Pause) | Akademi (Pause) | | | | Akademi (Pause) | | | | | | | | | |
| 16.00 | 30 min. | 16.30 | Akademi (Pause) | | | | Akademi (Pause) | | | Akademi (Pause) | | | | Akademi (Pause) | Akademi (Pause) | | | | Akademi (Pause) | | | | | | | | | |
| 16.30 | 30 min. | 17.00 | Akademi (Pause) | | | | Akademi (Pause) | | | Akademi (Pause) | | | | Akademi (Pause) | Akademi (Pause) | | | | Akademi (Pause) | | | | | | | | | |
| 17.00 | 30 min. | 17.30 | Havdrup 2005/06 Dreng | | Havdrup 2007/08 Piger | ? | U16Pv | U16P | U16P | 15 | | HS4 | U15Dv | U15D | | | | | | | | | | | | | | |
| 17.30 | 30 min. | 18.00 | Havdrup 2005/06 Dreng | | Havdrup 2007/08 Piger | ? | U16P | U16P | U16Pv | 15 | | HS4 | U15D | U15D | | | | | | | | | | | | | | |
| 18.00 | 30 min. | 18.30 | Havdrup 2005/06 Dreng | | Havdrup 2007/08 Piger | ? | U10D | U10D | U10D | 40 | | HS4 | U15D | U15Dv | | | | | | | | | | | | | | |
| 18.30 | 30 min. | 19.00 | | | | ? | U10D | U10D | U10D | 40 | | | | | | | | | | | | | | | | | | |
| 19.00 | 30 min. | 19.30 | | | | ? | U10D | U10D | U10D | 40 | | | | | | | | | | | | | | | | | | |
| 19.30 | 30 min. | 20.00 | | | | ? | | | | | | | | | | | | | | | | | | | | | | |
| 20.00 | 30 min. | 20.30 | | | | ? | | | | | | | | | | | | | | | | | | | | | | |
| 20.30 | 30 min. | 21.00 | | | | ? | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 | 30 min. | 21.30 | | | | ? | | | | | | | | | | | | | | | | | | | | | | |
| 21.30 | 30 min. | 22.00 | | | | ? | | | | | | | | | | | | | | | | | | | | | | |
| Onsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind på anlæg | Træning | Ud fra anlæg | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.30 | 30 min. | 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 | 30 min. | 16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30 | 30 min. | 17.00 | U11P/U13Pv | | U8Dv | U8D | 70 | U6Dv | U6D | U6D | 47 | U10Dv | U10D | U14v | U14 | | | | | | | | | | | | | |
| 17.00 | 30 min. | 17.30 | U11P/U13P | | U8D | U8Dv | 70 | U7D | U7D | U7D | 29 | U10D | U10D | U14 | U14 | | | | | | | | | | | | | |
| 17.30 | 30 min. | 18.00 | U11P/U13P | | | | 21 | U7D | U7D | U7D | 29 | U10D | U10Dv | U14 | U14v | | | | | | | | | | | | | |
| 18.00 | 30 min. | 18.30 | | | | | 55 | | | | | | | | | | | | | | | | | | | | | |
| 18.30 | 30 min. | 19.00 | | | | | 55 | | | | | | | | | | | | | | | | | | | | | |
| 19.00 | 30 min. | 19.30 | | | | | 55 | Old Mas | Old Mas | Old Mas | 10 | U19D | | U17D | | | | | | | | | | | | | | |
| 19.30 | 30 min. | 20.00 | | | | | 55 | Old Mas | Old Mas | Old Mas | 10 | U19D | | U17D | | | | | | | | | | | | | | |
| 20.00 | 30 min. | 20.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20.30 | 30 min. | 21.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 | 30 min. | 21.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.30 | 30 min. | 22.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Torsdag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind på anlæg | Træning | Ud fra anlæg | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.30 | 30 min. | 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 | 30 min. | 16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30 | 30 min. | 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00 | 30 min. | 17.30 | Havdrup 2006 Piger | | Havdrup 2007/08 Dreng | ? | U7P/U10P | | | | 16 | | | | | | | | | | | | | | | | | |
| 17.30 | 30 min. | 18.00 | Havdrup 2006 Piger | | Havdrup 2007/08 Dreng | ? | U7P/U10P | U9Dv | U9D | 34 | U13Dv | U13D | U12Dv | U12D | | | | | | | | | | | | | | |
| 18.00 | 30 min. | 18.30 | Havdrup 2006 Piger | | Havdrup 2007/08 Dreng | ? | U9D | U9D | U9D | 38 | U13D | U13D | U12D | U12D | | | | | | | | | | | | | | |
| 18.30 | 30 min. | 19.00 | Havdrup 2006 Piger | | Havdrup 2007/08 Dreng | ? | U9D | U9D | U9Dv | 38 | U13D | U13Dv | U12D | U12Dv | | | | | | | | | | | | | | |
| 19.00 | 30 min. | 19.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.30 | 30 min. | 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20.00 | 30 min. | 20.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20.30 | 30 min. | 21.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 | 30 min. | 21.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.30 | 30 min. | 22.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fredag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind på anlæg | Træning | Ud fra anlæg | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.30 | 30 min. | 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 | 30 min. | 16.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.30 | 30 min. | 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00 | 30 min. | 17.30 | U11Dv | U11D | | | 33 | | | | | U15Dv | U15D | U14Dv | U14D | | | | | | | | | | | | | |
| 17.30 | 30 min. | 18.00 | U11D | U11Dv | U10Dv | U10D | 73 | U8Dv | U8D | U8D | 49 | U15D | U15D | U14Dv | U14D | | | | | | | | | | | | | |
| 18.00 | 30 min. | 18.30 | U11D | U11Dv | U10D | U10Dv | 40 | U8D | U8D | U8Dv | 49 | U15D | U15Dv | U14Dv | U14Dv | | | | | | | | | | | | | |
| 18.30 | 30 min. | 19.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.00 | 30 min. | 19.30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.30 | 30 min. | 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lørdag | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ind | | | | | | | | | | | | | | | | | | | | | | | | | | | | |