

SOLRØD FC TRÆNINGSPÅN Efterår 2023 Dateret 01.08.2023 Version 1 fra uge 31-2023			Kunsthane K1 (Nærmest SIC) Indgang / Udgang foreste låge mod SIC				Kunst 3-mands (i forlængelse af K1) Indgang / Udgang foreste låge mod SIC				Kunsthane K2 (Nærmest Tennis) Indgang / Udgang bagerste låge mod Tennis				Målfelt	Græsbane 2 (Nærmest Uglegård.) Til og fra baner via sti ved Uglegårds skolen					Græsbane 3 (Nærmest Tennis) Til og fra baner via sti ved Kunstbanen					Stadion					
Mandage			K1 - 11 Mands 50 personer				3 mands baner				K2 - 11 mands				Målfelt	G2 - 11 mands					G3 - 11 mands					Bane 1 - 11-mands					
Ind på anlæg	Træning	Ud fra anlæg	K3 - 8 Mands - 50 pers.	K4 - 8 Mands - 50 pers.	K7 - 5 M. 50 pers.	K8 - 5 M. 50 pers.	K9 - 5 M. 50 pers.	K10 - 5 M. 50 pers.	K11 - 3 M 25 pers.	K12 - 3 M 25 pers.	K13 - 3 M 25 pers.	K14 - 5 M. 50 pers.	K15 - 5 M. 50 pers.	K16 - 5 M. 50 pers.	K17 - 5 M. 50 pers.	K18	G4 - 8 mands	G5 - 8 mands	G6 - 8 mands	G7 - 8 mands	G8 - 5 M. 50 pers.	G9 - 5 M. 50 pers.	G10 - 5 M. 50 pers.	G11 - 5 M. 50 pers.	G12 - 5 M. 50 pers.	G13 - 5 M. 50 pers.	G14 - 5 M. 50 pers.	G15 - 5 M. 50 pers.			
16.00	30 min.	16.30																													
16.30	30 min.	17.00																													
17.00	30 min.	17.30	U8D (16)	U8D	U9D (15)	U9D	57/61	U7D	U7D	U7D	41	U10D (14)	U10D	U11D (13)	U11D	Steen	47/62	U12D (12)	U12D	U12D	U12D	46	U13D (11)	U13D	U13D	U13D	U13D	24			
17.30	30 min.	18.00	U8D	U8D	U9D	U9D		U7D	U7D	U7D		U10D	U10D	U11D	U11D	Steen		U12D	U12D	U12D	U12D		U13D	U13D	U13D	U13D	U13D				
18.00	30 min.	18.30	U8D	U8D	U9D	U9D						U10D	U10D	U11D	U11D	Steen		U12D	U12D	U12D	U12D		U13D	U13D	U13D	U13D	U13D				
18.30	30 min.	19.00		KS2		KS1 (2. div.)	9/18					U15D (09)		U15D		Steen	45						U17D (07/08)		U17D				59		
19.00	30 min.	19.30		KS2		KS1						U15D		U15D		Steen							U17D		U17D						
19.30	30 min.	20.00		HS2		KS1						U15D		U15D		Steen							U17D		U17D						
20.00	30 min.	20.30		BK96		KS1						Reserveret kampe																			
20.30	30 min.	21.00		BK96		(BK96)						Reserveret kampe																			
21.00	30 min.	21.30		BK96		(BK96)						Reserveret kampe																			
21.30	30 min.	22.00										Reserveret kampe																			
Tirsdays			Akademi				Akademi				Akademi				U13P	U13P	Reserveret					24									
15.30	30 min.	16.00	Akademi	Akademi	Akademi	Akademi	*	Akademi	Akademi	Akademi	*	U13P	U13P			Reserveret															
16.00	30 min.	16.30	Akademi	Akademi	Akademi	Akademi	*	Akademi	Akademi	Akademi	*	U13P	U13P			Reserveret															
16.30	30 min.	17.00	Akademi	Akademi	Akademi	Akademi	*	Akademi	Akademi	Akademi	*	U13P	U13P			Reserveret															
17.00	30 min.	17.30	Akademi	Akademi	Akademi	Akademi	*	Akademi	Akademi	Akademi	*	U6D (18)	U6D	U6D	49	U14D (10)	U14D	U14D	U14D	U14D											
17.30	30 min.	18.00	Akademi	Akademi	Akademi	Akademi	*	Akademi	Akademi	Akademi	*	U6D	U6D	U6D		U14D	U14D	U14D	U14D	U14D											
18.00	30 min.	18.30						U6D	U6D	U6D		U14D	U14D	U14D	U14D	U14D															
18.30	30 min.	19.00						U6D	U6D	U6D		U14D	U14D	U14D	U14D	U14D															
18.30	30 min.	19.00				HS2 (S3)	47							HS1 (S5)																	
19.00	30 min.	19.30				HS2								HS1																	
19.30	30 min.	20.00				HS2								HS1																	
20.00	30 min.	20.30				HS2								HS1																	
20.30	30 min.	21.00				HS2								HS1																	
21.00	30 min.	21.30				HS3 (S5)	22							IKKE DIREKTE RESERVERET TIL SFC																	
21.30	30 min.	22.00				HS3								Reserveret kampe																	
						HS3								Reserveret kampe																	
						HS3								Reserveret kampe																	
Onsdays			U11P				U11P				U11D (13)				U11D	13/62	U7D (17)				U7D				U7D				41		
16.00	30 min.	16.30																													
16.30	30 min.	17.00																													
17.00	30 min.	17.30	U11P	U11P	U11D (13)	U11D	13/62	U7D	U7D	U7D	41	U8D (16)	U8D	U8D	U8D																
17.30	30 min.	18.00	U11P	U11P	U11D (13)	U11D		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
18.00	30 min.	18.30				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
18.30	30 min.	19.00				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
18.30	30 min.	19.00				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
19.00	30 min.	19.30				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
19.30	30 min.	20.00				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
20.00	30 min.	20.30				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
20.30	30 min.	21.00				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
21.00	30 min.	21.30				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
21.30	30 min.	22.00				U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
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						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
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						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
						U11D (13)		U7D	U7D	U7D		U8D	U8D	U8D	U8D																
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