

Trainingsbetrieb FC Appenzell - Vorrunde Juli bis Dezember 24

Tag	Zeit	Schaies			Wühre Rasen gross			Wühre Kunstrasen gross		Klein	
		1/2 Feld	1/2 Feld	Einspielwiese	1/2 Feld Ost	1/2 Feld West	1/2 Feld Ost	1/2 Feld West	1/1 Feld West		
Montag	17:30 - 17:45									17:00 - 18:30 (Gar. 8)	
	17:45 - 18:00				17:45 - 19:15 (Gar. 9)	17:45 - 19:15 (Gar. 10)	17:45 - 19:15 (Gar. 7)	17:45 - 19:15 (Gar. 9)	17:45 - 19:15 (Gar. 10)	17:45 - 19:15 (Gar. 7)	
	18:00 - 18:15				Jun. Da Pedro Lippuner / Roger Müller / Robin Byrnes 078 637 22 08 / 078 721 33 69 / 076 232 16 85	Jun. Db Remo Peterer / Marcel Inauen / Alem Alic 079 880 35 91 / 078 659 57 37 / 077 409 28 43	Juniorinnen Hans Höhener / Simona Höhener / Marcel Koller 078 390 19 97 / 078 535 97 86 / 079 869 88 71	Jun. Da Ausweichv.	Jun. Db Ausweichv.	Juniorinnen Ausweichv.	
	18:15 - 18:30										
	18:30 - 18:45										
	18:45 - 19:00										
	19:00 - 19:15										
	19:15 - 19:30	19:15 - 21:00 (Gar. 2)									
	19:30 - 19:45	Aktive 2 Adem Tekin 076 432 14 53				19:15 - 20:45 (Gar. 8)			19:15 - 21:00 (Gar. 8)	19:15 - 21:00 (Gar. 9)	19:45 - 21:15 (Gar. 10)
	19:45 - 20:00					Jun. B Pedro Pimenta / Dorian Stefanek 078 320 32 20 / 076 408 86 69			Jun. B Ausweichvariante	Aktive 2 Ausweichvariante	Veteranen Peter Koch 079 700 33 62
	20:00 - 20:15										
	20:15 - 20:30										
	20:30 - 20:45										
20:45 - 21:00											
20:30 bis											
	22:00										
Dienstag	17:30 - 17:45										
	17:45 - 18:00				17:45 - 19:15 (Gar. 4)	17:45 - 19:15 (Gar. 9)	17:45 - 19:15 (Gar. 7)	17:45 - 19:15 (Gar. 9)	17:45 - 19:15 (Gar. 7 & 9)	17:45 - 19:15 (Gar. 8)	
	18:00 - 18:15				Jun. F Fördertr. Hans Höhener 076 390 19 97	Jun. Ca Pro Meho Mujkanovic / Selmedin Jasarevic 076 288 12 50 / 079 309 07 67	Jun. Cb 1 Karl Signer / Noa Pola 078 888 16 87 / 076 593 21 08	Jun. Cc 2 Thomas Kälbener / Lars Schneider / Louis Mock / Tim Signer 079 415 82 86 / 078 965 99 04	Jun. Ca Pro & Cb 1 & Cc 2 Ausweichv.		
	18:15 - 18:30	18:15 - 19:15 (Gar. 2)									
	18:30 - 18:45	Förder-T D Michael Dörig / Mario Breitenmoser 078 530 18 37 / 078 734 76 07									
	18:45 - 19:00										
	19:00 - 19:15										
	19:15 - 19:30	19:15 - 21:00 (Gar. 1)	19:15 - 21:00 (Gar. 3)								
	19:30 - 19:45	Aktive 1 Marco Pola / Manuel Baumann / Pascal Albrecht 079 669 10 30 / 078 923 44 13 / 079 959 61 26	Jun. A Gianni Pinto 079 234 02 46								
	19:45 - 20:00										
	20:00 - 20:15										
	20:15 - 20:30										
	20:30 - 20:45										
20:45 - 21:00											
21:00 - 21:15											
21:15 - 21:30											
20:30 - 20:45											
20:45 - 21:00											
	22:00										
Mittwoch	17:00 - 17:15										
	17:15 - 17:30				17:15 - 18:45 (Gar. 3)						
	17:30 - 17:45				Jun. G Dimitri Wyss / Walter Heeb / Erwin Huber 079 233 97 78 / 079 324 09 95 / 076 545 17 61	17:45 - 19:15 (Gar. 7)	17:45 - 19:15 (Gar. 9)				
	17:45 - 18:00				Juniorinnen Hans Höhener / Simona Höhener / Marcel Koller 078 390 19 97 / 076 535 97 86 / 079 869 88 71	Jun. Db Remo Peterer / Marcel Inauen 079 880 35 91 / 078 659 57 37					
	18:00 - 18:15										
	18:15 - 18:30										
	18:30 - 18:45										
	18:45 - 19:00										
	19:00 - 19:15										
	19:15 - 19:30										
	19:30 - 19:45	19:15 - 21:00 (Gar. 2)				19:15 - 21:00 (Gar. 8)					
	19:45 - 20:00	Aktive 2 Adem Tekin 076 432 14 53	20:00 - 21:30 (Gar. 3)			Jun. B Pedro Pimenta / Dorian Stefanek 078 320 32 20 / 076 408 86 69					
	20:00 - 20:15		Senioren Yves Broger / Christian Sutter 078 724 87 96 / 078 607 41 45								
20:15 - 20:30											
20:30 - 20:45											
20:45 - 21:00											
21:00 - 21:15											
21:15 - 21:30											
	22:00										
Donnerstag	17:30 - 17:45	17:45 - 19:15 (Gar. 4)			17:45 - 19:15 (Gar. 9)	17:45 - 19:15 (Gar. 7)	17:45 - 19:15 (Gar. 8)	17:45 - 19:15 (Gar. 9)	17:30 - 19:00 (Gar. 9)		
	17:45 - 18:00	Jun. F Torsten Kühnel / Daniel Inauen / Damian Keller / Magu Signer / Guido Signer / Marco Schmid / Reto Infanger 078 796 98 54 / 078 822 33 26 / 078 604 85 88 / 078 895 90 03 / 079 324 12 01 / 078 878 89 30 / 079 485 63 06			Jun. Ca Pro Meho Mujkanovic / Selmedin Jasarevic 076 288 12 50 / 079 309 07	Jun. Cb 1 Karl Signer / Noa Pola 078 888 16 87 / 076 593 21 08	Jun. Da Pedro Lippuner / Roger Müller / Robin Bynens 078 637 22 08 / 078 721 33 69 / 076 232 16 85	Jun. Cc 2 Thomas Kälbener / Lars Schneider / Louis Mock / Tim Signer 079 415 82 86 / 078 965 99 04 / 076 570 28 29 / 078 697 41 19	Jun. Ca Pro & Cb 1 Ausweichvariante	17:45-19:15 (Gar. 8)	
	18:00 - 18:15										
	18:15 - 18:30										
	18:30 - 18:45										
	18:45 - 19:00										
	19:00 - 19:15										
	19:15 - 19:30	19:15 - 21:00 (Gar. 1)	19:15 - 21:00 (Gar. 3)								
	19:30 - 19:45	Aktive 1 Marco Pola / Manuel Baumann / Pascal Albrecht 079 669 10 30 / 078 923 44 13 / 079 959 61 26	Jun. A Gianni Pinto 079 234 02 46								
	19:45 - 20:00										
	20:00 - 20:15										
	20:15 - 20:30										
	20:30 - 20:45										
20:45 - 21:00											
21:00 - 21:15											
21:15 - 21:30											
20:30 - 20:45											
	22:00										
Freitag	17:30 - 17:45										
	17:45 - 18:00				17:30 - 19:00 (Gar. 10)	17:45 - 19:15 (Gar. 8)	17:30 - 19:00 (Gar. 8)	17:30 - 19:00 (Gar. 8 & 10)			
	18:00 - 18:15				Jun. Eb Tanja Schmid / Kaltrin Redzepi / David Signer / Alessandro Zimmermann 079 294 64 88 / 079 304 51 38	Jun. Ec Ruben Koch / Thomas Manser 078 769 16 27 / 079 304 51 38	Jun. Ea Silvan Bächler / Hans Höhener 078 656 04 49 / 076 390 19 97	Jun. Ea, Eb, Ec Ausweichvariante			
	18:15 - 18:30	18:30 - 20:00 (Gar. 2)									
	18:30 - 18:45	Förder-T B & A Marco Pola 079 669 10 30	18:30 - 20:00 (Gar. 4)								
	18:45 - 19:00		FIM FCA Rayco Gutierrez 076 375 19 45								
	19:00 - 19:15										
	19:15 - 19:30										
	19:30 - 19:45					19:15 - 20:30 (Gar. 10)					
	19:45 - 20:00					Goalie Training C/B/A Silvan Bächler 078 656 04 49					
	20:00 - 20:15										
	20:15 - 20:30										
	20:30 - 20:45										
20:45 - 21:00											
21:00 - 21:15											
	22:00										

Trainings finden jeweils nur auf einer Platzhälfte statt.

Bei mehreren Mannschaften zur gleichen Zeit sind wir auf die Flexibilität/Absprache der Trainer angewiesen.