

# Trainingsplan Herbst 2025



| Platz 1     | Montag                    |                          | Dienstag                 |                            | Mittwoch                       |                          | Donnerstag                |                          | Freitag                    |     | Platz 1                        |             |
|-------------|---------------------------|--------------------------|--------------------------|----------------------------|--------------------------------|--------------------------|---------------------------|--------------------------|----------------------------|-----|--------------------------------|-------------|
|             | Nord                      | Süd                      | Nord                     | Süd                        | Nord                           | Süd                      | Nord                      | Süd                      | Nord                       | Süd |                                |             |
| 17:00-17:30 |                           |                          |                          |                            |                                |                          |                           |                          |                            |     | 17:00-17:30                    |             |
| 17:30-18:00 |                           |                          |                          |                            |                                |                          |                           |                          |                            |     | 17:30-18:00                    |             |
| 18:00-18:30 | D-9 Prom.<br>18.00-19.30  | C 1.Stkl.<br>18.00-19.30 | D-9 Prom.<br>18.00-19.30 | D-9 1.Stkl.<br>18.00-19.30 | TV<br>Landquart<br>18.00-20.00 |                          |                           | D-9 Prom.<br>18.00-19.30 | D-9 1.Stkl.<br>18.00-19.30 |     | TV<br>Landquart<br>18.00-19.30 | 18:00-18:30 |
| 18:30-19:00 |                           |                          |                          |                            |                                |                          |                           |                          |                            |     |                                | 18:30-19:00 |
| 19:00-19:30 |                           |                          |                          |                            |                                |                          |                           |                          |                            |     |                                | 19:00-19:30 |
| 19:30-20:00 | B-Junioren<br>19.30-21.00 |                          |                          |                            | Ü40<br>19.30-21.00             | C 1.Stkl.<br>19.30-21.00 | B-Junioren<br>19.30-21.00 |                          |                            |     | 19:30-20:00                    |             |
| 20:00-20:30 |                           |                          | 20:00-20:30              |                            |                                |                          |                           |                          |                            |     |                                |             |
| 20:30-21:00 |                           |                          | 20:30-21:00              |                            |                                |                          |                           |                          |                            |     |                                |             |
| 21:00-21:30 |                           |                          |                          |                            |                                |                          |                           |                          |                            |     | 21:00-21:30                    |             |

| Platz 2     | Montag                       |                          | Dienstag                     |             |             | Mittwoch                     |                          | Donnerstag                   |             |             | Freitag                      |             | Platz 2     |             |             |
|-------------|------------------------------|--------------------------|------------------------------|-------------|-------------|------------------------------|--------------------------|------------------------------|-------------|-------------|------------------------------|-------------|-------------|-------------|-------------|
|             | Nord                         | Süd                      | Nord                         | Süd         | D-7         | Nord                         | Süd                      | Nord                         | Süd         | D-7         | Süd                          |             |             |             |             |
| 17:00-17:30 |                              |                          |                              |             |             |                              |                          |                              |             |             |                              | 17:00-17:30 |             |             |             |
| 17:30-18:00 |                              |                          |                              |             |             |                              |                          |                              |             |             |                              | 17:30-18:00 |             |             |             |
| 18:00-18:30 | D-9 2.Stkl.<br>18.00-19.30   | C 2.Stkl.<br>18.00-19.30 | D/7 1.St                     | D/7 2.St a  | D-7 2.St b  | D-9 2.Stkl.<br>18.00-19.30   | C 2.Stkl.<br>18.00-19.30 | D/7 1.St                     | D/7 2.St a  | D-7 2.St b  |                              |             | 18:00-18:30 |             |             |
| 18:30-19:00 |                              |                          | 18:30-19:00                  | 18:00-19:30 | 18:00-19:30 |                              |                          | 18:00-19:30                  | 18:00-19:30 | 18:00-19:30 |                              |             | 18:00-19:30 | 18:00-19:30 | 18:30-19:00 |
| 19:00-19:30 |                              |                          | 19:00-19:30                  | 19:30       | 19:30       |                              |                          | 19:30                        | 19:30       | 19:30       |                              |             | 19:30       | 19:30       | 19:30       |
| 19:30-20:00 | 2. Mannschaft<br>19.30-21.00 |                          | 1. Mannschaft<br>19.30-21.00 |             |             | 2. Mannschaft<br>19.30-21.00 |                          | 1. Mannschaft<br>19.30-21.00 |             |             | 1. Mannschaft<br>19.30-21.00 |             | 19:30-20:00 |             |             |
| 20:00-20:30 |                              |                          |                              |             |             |                              |                          |                              |             |             |                              |             | 20:00-20:30 |             |             |
| 20:30-21:00 |                              |                          |                              |             |             |                              |                          |                              |             |             |                              |             | 20:30-21:00 |             |             |
| 21:00-21:30 |                              |                          |                              |             |             |                              |                          |                              |             |             |                              | 21:00-21:30 |             |             |             |

| Platz 3     | Montag                                   |                        | Dienstag    |                        | Mittwoch    |                           | Donnerstag  |                        | Freitag     |                           | Platz 3     |             |             |             |             |             |             |
|-------------|--|------------------------|-------------|------------------------|-------------|---------------------------|-------------|------------------------|-------------|---------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
|             | Ost                                      | West                   | Ost         | West                   | Ost         | West                      | Ost         | West                   | Ost         | West                      |             |             |             |             |             |             |             |
| 17:00-17:30 |  |                        |             |                        |             |                           |             |                        |             |                           | 17:00-17:30 |             |             |             |             |             |             |
| 17:30-18:00 | Fc<br>17.30-19.00                        |                        |             |                        |             | Ga                        | Fc          | Gb                     | Fa          |                           |             | Fa          | 17:30-18:00 |             |             |             |             |
| 18:00-18:30 |  | Ea                     | Eb          | Ec                     | Ed          | 17.45-19.15               | 17.30-19.00 | 17.45-19.15            | 17.45-19.15 | Fb                        | Ec          | Ed          | Ea          | Eb          | 17.45-19.15 | Fb          | 18:00-18:30 |
| 18:30-19:00 |  | 18:00-19:30            | 18:00-19:30 | 18:00-19:30            | 18:00-19:30 |                           |             |                        |             | 18:00-19:30               | 18:00-19:30 | 18:00-19:30 | 18:00-19:30 | 18:00-19:30 | 18:00-19:30 | 18:00-19:30 | 18:30-19:00 |
| 19:00-19:30 | Faustball TV<br>Landquart<br>19.00-21.30 | C Prom.<br>19.30-21.00 |             | C Prom.<br>19.30-21.00 |             | A-Junioren<br>19.30-21.00 |             | C Prom.<br>19.30-21.00 |             | A-Junioren<br>19.30-21.00 |             | 19:00-19:30 |             |             |             |             |             |
| 19:30-20:00 |  |                        |             |                        |             |                           |             |                        |             |                           |             | 19:30-20:00 |             |             |             |             |             |
| 20:00-20:30 |  |                        |             |                        |             |                           |             |                        |             |                           |             | 20:00-20:30 |             |             |             |             |             |
| 20:30-21:00 |  |                        |             |                        |             |                           |             |                        |             |                           |             | 20:30-21:00 |             |             |             |             |             |
| 21:00-21:30 |  |                        |             |                        |             |                           |             |                        |             |                           | 21:00-21:30 |             |             |             |             |             |             |

| Team      | Trainer  | Training   |
|-----------|----------|------------|
| 1. M      | Candrian | Di, Do, Fr |
| 2. M      | Fatzer   | Di, Do     |
| A         | Bislimi  | Mi, Fr     |
| B         | Kiraly   | Mo, Do     |
| C Prom    | Lopez    | Mo, Di, Do |
| C 1.Stkl. | Wieland  | Mo, Mi     |
| C 2.Stkl. | Karisik  | Mo, Mi     |
| Ü40       | Kehl     | Mi         |

| Team          | Trainer   | Training   |
|---------------|-----------|------------|
| D-9 Prom.     | Prijic    | Mo, Di, Do |
| D-9 1.Stkl.   | Lisignoli | Di, Do     |
| D-9 2.Stkl.   | Dennler   | Mo, Mi     |
| D-7 1.Stkl.   | Cammarata | Di, Do     |
| D-7 2.Stkl. a | Ivan      | Di, Do     |
| D-7 2.Stkl. b | Barroso   | Di, Do     |
| Ea            | Mäder     | Mo, Do     |
| Eb            | Giger     | Mo, Do     |

| Team | Trainer    | Training |
|------|------------|----------|
| Ec   | Fausch     | Di, Do   |
| Ed   | (Mäder)    | Di, Do   |
| Fa   | Putzi      | Mi, Fr   |
| Fb   | Frey       | Mi, Fr   |
| Fc   | Canforelli | Mo, Mi   |
| Ga   | Bürkli     | Di       |
| Gb   | Aziri      | Mi       |
| TH   | Sulser     | Mi       |