



Basketball-Trainingszeiten Saison 2019/20

Basketball-Trainingszeiten

| Montag | | | | Dienstag | | | |
|-------------|--------------|----------|------------------|-------------|--------|-------|----------------|
| Zeit/Uhr | Team | Halle | Coach | Zeit/Uhr | Team | Halle | Coach |
| 16.00-17.30 | U14M | Weber | Bob Alexander | 16.00-17.30 | U14W | Weber | Ivo Schilk |
| 16.00-17.30 | U16M | Weber | Bob Alexander | 17.30-19.00 | U16W | Weber | Shoun Schröder |
| 17.30-19.00 | U18M | Weber | Bob Alexander | 17.30-19.00 | U18W | Weber | Raphi Bröker |
| 19.00-20.30 | U18W | Weber | Tobias Schramm | 19.00-20.30 | U16M | HSH | Bob Alexander |
| 19.00-20.30 | Damen | Weber | Tobias Schramm | 19.00-20.30 | U18M | HSH | Bob Alexander |
| 20.30-22.00 | Herren | Weber | | 20.30-22.00 | Herren | Weber | |
| 17.30-19.30 | 2. Herren | Neustadt | Christian Carius | 20.30-22.00 | Damen | Weber | Tobias Schramm |
| Mittwoch | | | | Donnerstag | | | |
| Zeit/Uhr | Team | Halle | Coach | Zeit/Uhr | Team | Halle | Coach |
| 14.30-16.00 | U14G | HSH | Ivo Schilk | 16.00-17.30 | U16M | Weber | Bob Alexander |
| 14.30-16.00 | U16G | HSH | Ivo Schilk | 16.00-17.30 | U18M | Weber | Bob Alexander |
| | | | | 17.30-19.00 | U14W | Weber | Raphi Bröker |
| | | | | 17.30-19.00 | U16W | Weber | Shoun Schröder |
| | | | | 19.00-20.30 | U18W | Weber | Tobias Schramm |
| | | | | 19.00-20.30 | Damen | Weber | Tobias Schramm |
| 20.00-22.00 | 2. Herren | Neustadt | Christian Carius | 20.30-22.00 | Herren | Weber | |
| Freitag | | | | Samstag | | | |
| Zeit/Uhr | Team | Halle | Coach | Zeit/Uhr | Team | Halle | Coach |
| 19.00-20.30 | U16M | Weber | Bob Alexander | 10.00-12.00 | U14M | Weber | Bob Alexander |
| 19.00-20.30 | U18M | Weber | Bob Alexander | 10.00-12.00 | U16M | Weber | Bob Alexander |
| 20.00-22.00 | Wurftraining | Weber | | 10.00-12.00 | U18M | Weber | Bob Alexander |

Trainingsmöglichkeiten in der Woche

| Jahrgang | Team | Anzahl | Stunden | Coach/Helfer | Anzahl | Stunden |
|----------------|-----------|--------|---------|-------------------|--------|---------|
| 2008/09 | U12W | 0 | 0 | Kristin Schwartau | 0 | 0 |
| 2006/07 | U14W | 2 | 3 | Raphi Bröker | 2 | 3 |
| 2004/05 | U16W | 2 | 3 | Shoun Schröder | 2 | 3 |
| 2002/03 | U18W | 3 | 4,5 | Raphi Bröker | 2 | 3 |
| 2000/01 | U20W | 3 | 4,5 | | | |
| 2010/11 | U10M | 0 | 0 | | | |
| 2008/09 | U12M | 0 | 0 | | | |
| 2006/07 | U14M | 2 | 3 | Ivo Schilk | 3 | 4,5 |
| 2004/05 | U16M | 6 | 9,5 | Bob Alexander | 6 | 9,5 |
| 2002/03 | U18M | 6 | 9,5 | Bob Alexander | 6 | 9,5 |
| 2000/01 | U20M | 3 | 4,5 | | | |
| 1999 und älter | Damen | 3 | 4,5 | Tobias Schramm | 3 | 4,5 |
| 1999 und älter | Herren | 3 | 4,5 | | | |
| 1999 und älter | 2. Herren | 2 | 4 | Christian Carius | 2 | 4 |
| | | | | gesamt | 26 | 40 |

