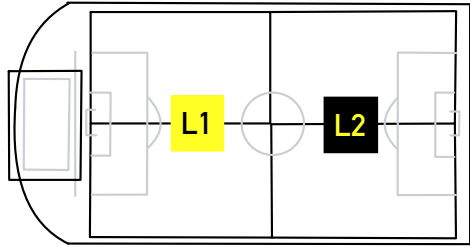


A diagram of a soccer field with player positions. The field is divided into two halves by a center circle. On the left half, there is a yellow box labeled 'KL' (Goalkeeper) near the left goal, and two black boxes labeled 'L1' and 'L2' (Left half) in the center. On the right half, there are two yellow boxes labeled 'R1' and 'R2' (Right half) in the center. The diagram is labeled 'Diagram 1' in the top left corner.

ZEIT:	MONTAG					DIENSTAG					MITTWOCH					DONNERSTAG					FREITAG				
	L1	L2	R1	R2	KL	L1	L2	R1	R2	KL	L1	L2	R1	R2	KL	L1	L2	R1	R2	KL	L1	L2	R1	R2	KL
16:00 - 16:30																									
16:30 - 17:00																									
17:00 - 17:30	F2	F1	F1	D1	G2	E2	D2	Mä		G1	F2		Mä			E2				G1	F1	E1	D1	Mä	G2
17:30 - 18:00									C1			E1		C1			D2	C1	C2						
18:00 - 18:30																									
18:30 - 19:00																									
19:00 - 19:30	B		A								B		A												
19:30 - 20:00						1M	2M									1M	2M								
20:00 - 20:30																									
20:30 - 21:00																									
21:00 - 21:30																									
21:30 - 22:00																									

Trainingsplan Asche



DIENTAG

L1

L2

D1

C2

17:30 - 18:00

18:00 - 18:30

18:30 - 19:00

19:00 - 19:30

19:30 - 20:00

20:00 - 20:30

20:30 - 21:00