

## Træningsplan 2026/2027

| Hold                          | Årgang        | Mandag              | Tirsdag             | Onsdag             | Torsdag            | Fredag             | Lørdag              |
|-------------------------------|---------------|---------------------|---------------------|--------------------|--------------------|--------------------|---------------------|
| U3 Mix<br>Katrine             | 2024/<br>2025 |                     |                     |                    |                    |                    | 8.15-8.45<br>SØ1    |
| U4 Mix<br>Katrine             | 2023          |                     |                     |                    |                    |                    | 8.45-9.30<br>SØ1    |
| U5 Mix<br>Katrine             | 2022          |                     |                     |                    |                    |                    | 9.30-10.15<br>SØ1   |
| U7 Piger<br>Julie             | 2020/<br>2021 |                     |                     |                    |                    |                    | 10.15-11.15<br>SØ1  |
| U7 Dreng<br>Anders            | 2020/<br>2021 |                     |                     |                    |                    |                    | 11.15-12.15<br>SØ1  |
| U9 Piger<br>Lars              | 2018/<br>2019 |                     |                     |                    |                    |                    | 12.15-13.15<br>SØ1  |
| U9 Dreng<br>Kasper            | 2018/<br>2019 |                     |                     |                    |                    |                    | 9.30-10.45<br>LVS   |
| U11 Piger<br>Anne             | 2016/<br>2017 |                     |                     |                    | 16.00-17.30<br>LVS |                    | 10.30-12.00<br>SØ2+ |
| U11 Dreng<br>Mehmet           | 2016/<br>2017 | 16.00-17.30<br>SØ2  |                     |                    | 17.30-19.00<br>LVS |                    | 10.00-11.30<br>SØ2+ |
| U12 Dreng<br>Anders           | 2015          |                     |                     | 16.00-17.30<br>SØ2 |                    |                    | 9.00-10.30<br>SØ2+  |
| U13-15 Piger<br>Mette         | 2015-2<br>012 | 16.00-17.30<br>LVS  |                     |                    | 16.00-17.30<br>SØ2 |                    | 11.00-12.30<br>SØ2+ |
| U13 Dreng<br>Jørgen           | 2014          |                     | 16.00-17.30<br>SØ+  |                    |                    | 16.00-17.30<br>FA3 | 8.30-10.00<br>SØ2+  |
| U14 Dreng<br>Thomas           | 2013          |                     | 16.30-18.00<br>LVS  | 19.00-20.30<br>FA1 |                    | 17.30-19.00<br>SØ2 | 10.45-12.15<br>LVS  |
| U15 Dreng<br>Simon            | 2012          | 17.30-19.00<br>SØ2  | 17.30-19.00<br>SØ2+ |                    | 17.30-19.00<br>SØ2 | 16.00-17.30<br>SØ2 |                     |
| U17 Piger<br>Andrea           | 2010/<br>2011 | 17.30-19.00<br>LVS  |                     | 17.30-19.00<br>SØ2 |                    |                    |                     |
| U17 Dreng<br>Sergi            | 2010/<br>2011 | 19.00-20.30<br>SØ2+ | 18.00-19.30<br>LVS  |                    | 19.30-21.00<br>FA1 | 17.30-19.00<br>FA3 |                     |
| U19 Dreng<br>Sergi            | 2008/<br>2009 | 19.00-20.30<br>SØ2+ | 18.00-19.30<br>LVS  |                    | 19.30-21.00<br>FA1 | 17.30-19.00<br>FA3 |                     |
| Hold                          |               | Mandag              | Tirsdag             | Onsdag             | Torsdag            | Fredag             | Lørdag              |
| Basketliga<br>Jonas           |               |                     | 19.00-22.00<br>SØ2  |                    | 19.00-22.00<br>SØ2 |                    | 12.30-14.00<br>SØ2  |
| 1.division H<br>Sergi         |               | 20.30-22.00<br>SØ2  |                     |                    |                    |                    |                     |
| 1.division D<br>Jesper        |               | 19.00-20.30<br>LVS  |                     | 19.00-20.30<br>SØ2 |                    |                    |                     |
| 2.Division H<br>Søren         |               |                     | 19.00-20.30<br>FA1  |                    | 18.00-19.30<br>FA1 |                    |                     |
| SeniorKvinde<br>r 2<br>Reno   |               | 20.00-21.30<br>SØ1  |                     | 20.30-22.00<br>SØ2 |                    |                    |                     |
| SeniorHerre<br>4<br>Sebastian |               |                     | 19.30-21.00<br>LVS  |                    |                    |                    |                     |

|                              |  |                    |                                          |                    |                    |                                                                                                            |                  |
|------------------------------|--|--------------------|------------------------------------------|--------------------|--------------------|------------------------------------------------------------------------------------------------------------|------------------|
| SeniorHerre<br>5<br>Nicolai  |  |                    | 20.00-22.00<br>SØ1                       |                    | 20.30-22.00<br>LVS |                                                                                                            |                  |
| Old Boys<br>Kim              |  | 20.30-22.00<br>LVS |                                          |                    | 19.00-20.30<br>LVS |                                                                                                            |                  |
| Basketfitnes<br>s<br>Katrine |  |                    |                                          |                    | 20.00-21.30<br>SØ1 |                                                                                                            |                  |
| Ledige tider:                |  | 16.00-20.00<br>FA1 | 16.00-17.00<br>LVS<br>20.30-22.00<br>FA1 | 20.30-22.00<br>FA1 |                    | 17.30-19.00<br>SØ1<br>19.00-22.00<br>SØ2<br>16.00-17.00<br>LVS<br>18.30-22.00<br>LVS<br>17.30-20.00<br>FA3 | 8.00-9.30<br>LVS |

SØ1= Søndersøhallen lille hal, SØ2= Søndersøhallen stor hal, FA1= Faruma Arena Hal 1 venstre side, FA3= Farum Arena Hal 3, LVS = Lille Værløse Skole

+ = man deler dele eller hele sin træning med andre hold.