

**Plán tréningov 24.10.-30.10.2022**

| Deň                  | A muži<br>Pánik                | SD "A"<br>Duriš<br>U 19, 18<br>r.04,05 | MD "A"<br>Bútora<br>U17<br>2006 | MD "B"<br>Nemček<br>U16<br>2007 | SŽ "A"<br>Spurný<br>U 15<br>2008 | SŽ "A"<br>Ranuša<br>U 14<br>2009 | MŽ "A"<br>Vozár<br>U 13<br>2010 | MŽ "B"<br>Golej<br>U 12<br>2011 | 5.roč<br>Bičan<br>U 11<br>2012 | 4.roč<br>Ranuša<br>U10<br>2013 | 3.roč<br>Kamenčík<br>U9<br>2014 | 2.roč<br>Stiffel<br>U8<br>2015 | 1.roč<br>Kamenčík<br>U7,U6<br>2016-2017 | Žiačky<br>Patka<br>2008 | Brankári<br>Perniš<br>Poliak |
|----------------------|--------------------------------|--|---------------------------------|---------------------------------|----------------------------------|----------------------------------|---------------------------------|---------------------------------|--------------------------------|--------------------------------|---------------------------------|--------------------------------|---|-------------------------|------------------------------|
| <b>P<br/>O<br/>N</b> | 14.30<br>1                     | 15.15<br>2                             | 15.00<br>2                      | 16.30<br>2                      | 16.30<br>2                       | 15.00<br>3                       | 18.00<br>2                      | 18.00<br>2                      | 16.30<br>3                     | 16.30<br>3                     | 16.45<br>5                      | 16.30<br>1                     | V                                       | 15.30<br>5              | Perniš/Poliak                |
| <b>U<br/>T<br/>O</b> | Dca -<br>Michalovce<br>14.30 1 | 7.30<br>2                              | 8.00<br>2                       | V                               | 16.30<br>3                       | 16.30<br>3                       | 17.30<br>2                      | 17.30<br>2                      | V                              | V                              | V                               | V                              | 16.30<br>1                              | V                       | Poliak                       |
| <b>S<br/>T<br/>R</b> | 9.30<br>2                      | 15.15<br>2                             | 15.00<br>2                      | 16.30<br>2                      | 15.00<br>3                       | 15.00<br>3                       | 18.00<br>2                      | 18.00<br>2                      | 16.30<br>3                     | 16.30<br>3                     | 16.45<br>1                      | V                              | V                                       | 15.30<br>5              | Perniš/Poliak                |
| <b>Š<br/>T<br/>V</b> | 8.15<br>2                      | Dca-Martin<br>10.00 2                  | Dca-Martin<br>12.30 2           | 15.00<br>3                      | Slovan BA-<br>Dca<br>12.00       | Slovan BA-<br>Dca<br>14.00       | Dca-Slovan<br>BA<br>15.00 2     | Dca-Slovan<br>BA<br>16.30 2     | 16.30<br>3                     | 16.30<br>3                     | 16.45<br>5                      | 16.30<br>1                     | V                                       | V                       | Poliak                       |
| <b>P<br/>I<br/>A</b> | 10.00<br>2                     | 8.30<br>2                              | 10.00<br>2                      | 16.30<br>2                      | Dca-<br>N.Podhorie<br>18.00      | 10.00<br>2                       | V                               | 16.30<br>2                      | 16.30<br>3                     | 16.30<br>3                     | V                               | V                              | 16.30<br>1                              | 16.00<br>5              | Poliak                       |
| <b>S<br/>O<br/>B</b> | Žilina B -<br>Dca<br>10.30     | V                                      | V                               | V                               | V                                | V                                | V                               | V                               | V                              | V                              | V                               | V                              | V                                       | Dca-AS TN<br>10.00      | V                            |
| <b>N<br/>E<br/>D</b> | V                              | V                                      | V                               | Dca-N.Dca<br>10.00 2            | V                                | V                                | V                               | V                               | V                              | V                              | V                               | V                              | V                                       | V                       | V                            |

1 - Hlavné ihrisko

2 - umelá tráva

3 - ihr.pri zim.štad

4 - ihrisko pri grážach

5 - malá umelka

6 - park

7 - hala štadión

8 - tartan

9 - posilňovňa

10 - zasadačka