

Trainingsbetrieb FC Appenzell - Vorrunde Juli bis Dezember 2026

Tag	Zeit	Schaales			Wühre Rasen gross		Wühre Kunstrasen gross		klein
		1/2 Feld	1/2 Feld	Einspielfwiese	1/2 Feld Ost	1/2 Feld West	1/2 Feld Ost	1/2 Feld West	1/1 Feld West
Montag	17:30 - 17:45								17:30 - 19:00 (Gar. 9)
	17:45 - 18:00				17:45 - 19:15 (Gar. 10) D-9 2. Stkl. & D-7 2. Stkl.	17:45- 19:15 (Gar.7) Juniorinnen FF11 / FF14 / FF17	17:45 - 19:15 (Gar. 10) D-9 2. Stkl. & D-7 2. Stkl.	17:45 - 19:15 (Gar. 7) Juniorinnen FF11 / FF14 / FF17	Ea Reto Infanger (079 485 63 06) Adi Gubser (079 416 25 01) Adriano D'Errio (078 665 31 00)
	18:00 - 18:15				Noa Pola (076 593 21 08) Kevin Aeby (078 218 22 11) Lars Schneider (078 965 99 04) Yanik Bouqui (076 579 77 65)	Johannes Ruck (076 834 76 47) Silvan Büchler	Ausweichv.	Ausweichv.	
	18:15 - 18:30								
	18:30 - 18:45								
	18:45 - 19:00								
	19:00 - 19:15								19:00 - 20:00 (Gar. 9) Goalie Training E/D/Juniorinnen
	19:15 - 19:30								Reto Koller (078 845 33 42) Silvan Büchler (078 656 04 49)
	19:30 - 19:45	19:30 - 21:00 (Gar. 2) Aktive 2 Adem Tekin (076 432 14 53)					19:30 - 21:00 (Gar. 10) Aktive 2 Ausweichvariante		
	19:45 - 20:00								
	20:00 - 20:15								20:00 -21:15 (Gar. 8) Veteranen Peter Koch (079 700 33 62)
	20:15 - 20:30								
	20:30 - 20:45								
	20:45 - 21:00								
	21:00 - 21:15								
	21:15 - 21:30								
Dienstag	17:30 - 17:45								
	17:45 - 18:00				17:30 - 19:00 (Gar. 7) C 1. Stkl.		17:30 - 19:00 (Gar. 7) C 1. Stkl.		
	18:00 - 18:15				Thomas Kolbener (079 415 82 86) Luca Hörler (077 529 13 34)	18:00 - 19:30 (Gar. 9) D-9 1. Stkl. Pedro Lippuner (078 637 22 08) Lukas Fritsche (079 518 37 94)	Ausweichv.	18:00- 19:30 (Gar. 8) D-7 1. Stkl. Silvan Büchler (078 656 04 49) Jan Villar (077 488 04 51)	
	18:15 - 18:30								
	18:30 - 18:45								
	18:45 - 19:00								
	19:00 - 19:15								
	19:15 - 19:30								
	19:30 - 19:45	19:30 - 21:00 (Gar. 1) Aktive 1			19:30 - 21:00 (Gar. 8) A-Promotion	19:30 - 21:00 (Gar. 10) B 1. Stkl.	19:30 - 21:00 (Gar. 7) Aktive 1	19:30 - 21:00 (Gar. 8 & 10) A-Promotion & B 1. Stkl.	
	19:45 - 20:00	Marco Pola (079 669 10 30) Manuel Baumann (078 923 44 13) Pascal Albrecht (079 959 61 26)			Joe Eugster (079 419 03 78) Dorian Stefanek (076 408 86 69)	Stephan Eiermann (079 419 24 48) Melanie Berger (079 931 15 73) Thorsten Künel (078 796 98 54)	Ausweichvariante	Ausweichvariante	
	20:00 - 20:15								
	20:15 - 20:30								
	20:30 - 20:45								
	20:45 - 21:00								
	21:00 - 21:15								
	21:15 - 21:30								
Mittwoch	17:30 - 17:45								
	17:45 - 18:00								
	18:00 - 18:15				18:00 - 19:30 (Gar. 8) Eb & Ec	17:45 - 19:15 (Gar. 10) D-9 2. Stkl. & D-7 2. Stkl.	18:00 - 19:30 (Gar. 8) Eb & Ec	17:45 - 19:15 (Gar. 10) D-9 2. Stkl. & D-7 2. Stkl.	
	18:15 - 18:30				Marcel Koch (076 425 07 21) Michael Koch (077 533 08 92) Gian Frehner (079 107 11 19) Tim Neff (079 228 90 98) Dominic Dorig (079 751 17 95) Patrick Moosberger (079 654 41 73)	Laurin Manser (078 923 33 01) Noa Pola (076 593 21 08) Kevin Aeby (078 218 22 11) Lars Schneider (078 965 99 04) Yanik Bouqui (076 579 77 65)	Ausweichv.	Ausweichv.	
	18:30 - 18:45			17:45 - 19:00 (Gar. 1) Team FCA "zemä" Rayco Gutierrez (076 375 19 45) Yaiza Gutierrez (076 633 46 03)					
	18:45 - 19:00								
	19:00 - 19:15				Eldin Alic (076 748 80 79) Damian Keller (078 604 85 88)	19:15 -20:45 (Gar. 7) Juniorinnen (aktuell offen) Trainer (Nr.)			19:15 -20:45 (Gar. 7) Juniorinnen (aktuell offen) Ausweichv.
	19:15 - 19:30	19:30 - 21:00 (Gar. 2) Aktive 2 Adem Tekin (076 432 14 53)					19:30 - 21:00 (Gar.10) Aktive 2 Ausweichvariante		
	19:30 - 19:45								
	19:45 - 20:00								
	20:00 - 20:15		20:00- 21:30 (Gar. 3) Senioren						
	20:15 - 20:30		Roman Koller (078 674 51 02) Raphael Breu (079 714 17 43) Silvano Eberle (079 542 68 62)						
	20:30 - 20:45								
	20:45 - 21:00								
	21:00 - 21:15								
	21:15 - 21:30								
Donnerstag	17:30 - 17:45								
	17:45 - 18:00	17:45 - 19:15 (Gar.4) F-Junioeren			17:30 - 19:00 (Gar. 7) C 1. Stkl.		17:30 - 19:00 (Gar. 7) C 1. Stkl.		17:45 - 19:15 (Gar. 10) F-Junioeren
	18:00 - 18:15	Damian Koller (078 604 85 88) Magu Signer (078 895 90 03) Guido Signer (079 324 12 01) Peter Signer (078 851 01 00) Timo Zimmermann (079 374 99 18) Dennis De Veer (078 852 14 10) Kevin Sutter (078 765 63 82) Raphael Breu (079 714 17 43) Selmir Music (076 706 16 45)			Thomas Kolbener (079 415 82 86) Luca Hörler (077 529 13 34)	18:00 - 19:30 (Gar. 9) D-9 1. Stkl. Pedro Lippuner (078 637 22 08) Lukas Fritsche (079 518 37 94)	Ausweichv.	18:00- 19:30 (Gar. 8) D-7 1. Stkl. Silvan Büchler (078 656 04 49) Jan Villar (077 488 04 51)	Ausweichv.
	18:15 - 18:30								
	18:30 - 18:45								
	18:45 - 19:00								
	19:00 - 19:15								
	19:15 - 19:30								
	19:30 - 19:45	19:30- 21:00 (Gar. 1) Aktive 1			19:30 - 21:00 (Gar. 8) A-Promotion	19:30 - 21:00 (Gar. 10) B 1. Stkl.	19:30 - 21:00 (Gar. 7) Aktive 1	19:30 - 21:00 (Gar. 8 & 10) A-Promotion & B 1. Stkl.	
	19:45 - 20:00	Marco Pola (079 669 10 30) Manuel Baumann (078 923 44 13) Pascal Albrecht (079 959 61 26)			Joe Eugster (079 419 03 78) Dorian Stefanek (076 408 86 69)	Stephan Eiermann (079 419 24 48) Melanie Berger (079 931 15 73) Thorsten Künel (078 796 98 54)	Ausweichvariante	Ausweichv.	
	20:00 - 20:15								
	20:15 - 20:30								
	20:30 - 20:45								
	20:45 - 21:00								
	21:00 - 21:15								
	21:15 - 21:30								
Freitag	17:30 - 17:45				17:30 - 19:00 (Gar. 8) Ea	17:30 - 19:00 (Gar. 10) Eb	17:30 - 19:00 (Gar. 10) Ec	17:30 - 19:00 (Gar. 8, 10) Jun. Ea, Eb, Ec	
	17:45 - 18:00				Reto Infanger (079 485 63 06) Adi Gubser (079 416 25 01) Adriano D'Errio (078 665 31 00)	Marcel Koch (076 425 07 21) Michael Koch (077 533 08 92) Gian Frehner (079 107 11 19) Tim Neff (079 228 90 98)	Damian Koller (078 604 85 88) Philipp Griesemer (079 931 15 73) Eloy Schikore (079 838 96 55)	Ausweichvariante	
	18:00 - 18:15								
	18:15 - 18:30								
	18:30 - 18:45								
	18:45 - 19:00								
	19:00 - 19:15								
	19:15 - 19:30				19:00 - 20:00 (Gar. 8) Goalie Training C/B/A				Gringelwiese
	19:30 - 19:45				Silvan Büchler (078 656 04 49)				Mittwoch
	19:45 - 20:00								17:15- 18:45 (keine Garderobe) G
	20:00 - 20:15								Dimitri Wyss (079 233 97 78) Walter Heeb (079 324 09 95) Erwin Huber (076 545 17 61)
	20:15 - 20:30								
	20:30 - 20:45								
	20:45 - 21:00								
	21:00 - 21:15								
	21:15 - 21:30								

Bei mehreren Mannschaften zur gleichen Zeit sind wir auf die Flexibilität/Absprache der Trainer angewiesen.