

Jg.-stufe → U – Woche ↓	5	6	7	8	9
1	BF 1.1 (5 Std.) A D	BF 1.2 (8 Std.) A F	BF 4.6 (10 Std.) D F	BF 7.4 (8 Std.) D E Mansch.-spiel	BF 1.5 (12 Std.) A D F
2					
3	BF 2.1 (10 Std.) E F	BF 3.4 (6 Std.) A D F	BF 4.7 4 Std./ AF	BF 5.4 (10 Std.) A B	BF 2.4 (8 Std.) A E
4					
5	BF 3.1 (6 Std.) A B	BF 7.2 (12 Std.) A E Partnerspiel	BF 4.8 (6 Std.) A D	BF 6.3 (12 Std.) B F	Freiraum
6					
7	BF 6.1 (8 Std.) A B	BF 5.2 (10 Std.) A C	BF 7.3 (12 Std.) E Mannschaftsspiel	BF 2.3 (8 Std.) A E	BF 5.5 (10 Std.) A C
8					
9	BF 3.3 (6 Std.) A B	Freiraum	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum
10					
11	BF 5.1 (12 Std.) A B	Freiraum	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum (10 Std.) Volleyball
12					
13	BF 5.1 (12 Std.) A B	Freiraum	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum (10 Std.) Volleyball
14					
15	BF 5.1 (12 Std.) A B	Freiraum	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum (10 Std.) Volleyball
16					
17	Freiraum	BF 6.2 (12 Std.) A B	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum (10 Std.) Volleyball
18					
19	Freiraum	BF 6.2 (12 Std.) A B	Freiraum (12 Std.) Volleyball	BF 6.3 (12 Std.) B F	Freiraum (10 Std.) Volleyball
20					
21	BF 4.1 (8 Std.) A	BF 2.2 (10 Std.) A E F	BF 1.4 (8 Std.) A F	BF 7.5 (14 Std.) A E Partnerspiel	BF 6.4 (12 Std.) B
22					
23	BF 4.2 (12 Std.) A	Freiraum	BF 5.3 (10 Std.) A F	BF 9.2 (8 Std.) A E	Freiraum
24					
25	BF 4.2 (12 Std.) A	BF 9.1 (8 Std.) A E	Freiraum (15 Std.) Volleyball	Freiraum	Freiraum
26					
27	BF 4.3 (6 Std.) A C	BF 1.3 (5 Std.) A D	BF 3.6 (10 Std.) A B	Freiraum	BF 7.6 (10 Std.) E - Partner-/Mannschaftsspiel
28					
29	BF 4.4 (6 Std.) A C	BF 8.1 (10 Std.) A C F	BF 8.2 (8 Std.) A F	BF 3.7 (12 Std.) D E	BF 3.7 (12 Std.) A D F
30					
31	BF 4.5 (8 Std.) D F	BF 3.5 (10 Std.) A C D	Freiraum	Freiraum	Freiraum
32					
33	BF 4.5 (8 Std.) D F	BF 3.5 (10 Std.) A C D	Freiraum	Freiraum	Freiraum
34					
35	BF 4.5 (8 Std.) D F	BF 3.5 (10 Std.) A C D	Freiraum	Freiraum	Freiraum
36					
37	BF 4.5 (8 Std.) D F	BF 3.5 (10 Std.) A C D	Freiraum	Freiraum	Freiraum
38					
39	BF 4.5 (8 Std.) D F	BF 3.5 (10 Std.) A C D	Freiraum	Freiraum	Freiraum
40					