

# DGIF Fotboll - Träningsider Tingsliden 2026



Måndagar	Lag	Plan	
17:00 - 18:00	F19/20	5B/7B	3-manna
17:30 - 19:00	P15/16	7C	7-manna
17:45 - 19:15	F14	5A/7A	7-manna

Tisdagar	Lag	Plan	
17:15 - 18:30	P17/18	5A/7A	5-manna
18:15 - 19:15	F15/16	5B/7B	7-manna
19:00 - 20:30	Dam	5A/7A	7-manna

Onsdagar	Lag	Plan	
17:30 - 18:30	P19/20	5A/7A	3-manna
17:45 - 19:15	F14	5B/7B	7-manna

Torsdagar	Lag	Plan	
17:00 - 18:00	F17/18	5B	5-manna
17:00 - 18:00	FP21	5A/7A	3-manna
17:15 - 18:30	P17/18	5C/5D	5-manna
17:30 - 19:00	P15/16	7B	7-manna
18:15 - 19:15	F15/16	7C	7-manna
19:00 - 20:30	Herr	9A	
?	F14	Liten yta	