



Týždenný mikrocyklus FK Železiarne Podbrezová a.s. 2023/24

|          |        | I.L                              | I.LSD                                   | I.LMD                                   |   | I.LSŽ                                   |   | I.LMŽ                                     |   | PRÍPRAVKY           |                                       |                                       |                                       | JUNIOKY                   | ŽIAČKY | Brankári | Podkonice | VALASKÁ | BREZNO           |         |                     |                                      |   |   |   |            |
|----------|--------|----------------------------------|---|---|---|---|---|---|---|---------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------|--------|----------|-----------|---------|------------------|---------|---------------------|--------------------------------------|---|---|---|------------|
|          |        | MUŽI                             | U19                                     | U17                                     | U16                                     | U15                                     | U14                                     | U13                                       | U12                                       | U11                 | U10                                   | U9                                    | U8                                    | U7                        | WU19   | WU15     |           |         | MUŽI             | MUŽI    | DORASTI/ŽIAČI       | Prípravky                            |   |   |   |            |
|          |        | 2005-06                          | 2007                                    | 2008                                    | 2009                                    | 2010                                    | 2011                                    | 2012                                      | 2013                                      | 2014                | 2015                                  | 2016                                  | 2017                                  | 2005                      | 2009   |          |           |         |                  | U19,U17 | U15,U13             | PROJEKT                              |   |   |   |            |
| Pondelok | 13.05. | Voľno                            | 15:00 - 16:30<br>Myto                   | 15:00 - 16:30<br>Skalica                | 15:00 - 16:30<br>Skalica                | 15:00 - 16:30<br>Brezenská/<br>Kaufland |   | 15:00 - 16:30<br>Kaufland/ (P2)           | 15:00 - 16:30<br>Kaufland/ (P2)           | 13:45 - 15:30<br>P2 | 17:00 - 18:15<br>Kaufland             | 16:45 - 18:15<br>Kaufland             | 16:45 - 18:00<br>Kaufland             | 16:45 - 18:00<br>Kaufland |        |          |           |         |                  |         | 16:00 - 17:30<br>P2 |                                      |   |   |   |            |
|          |        |                                  |   |   |   |   |   |   |   |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
| Utorok   | 14.05. | 11:00 - 12:30<br>Valaská         | 15:00 - 16:30<br>Myto                   | 15:00 - 16:30<br>Myto                   | 14:30 - 16:00<br>Skalica                | 15:00 - 16:30 P2                        | 15:00 - 16:30 P2                        |   |   |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     | 15:00 - 16:30<br>Hlavné/<br>Kaufland | 15:00 - 16:30<br>Brezenská/<br>Kaufland |   |   |            |
|          |        |                                  | 7:30 - 9:00 Sila<br>Štiavnička          |   |   |   |   |   |   |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
| Streda   | 15.05. | 11:00 - 12:30<br>Valaská         | 15:00 - 16:30<br>Myto                   | 15:00 - 16:30<br>Skalica                | 15:00 - 16:30<br>Skalica                | 15:00 - 16:30<br>Brezenská/<br>Kaufland | 15:00 - 16:30<br>Brezenská/<br>Kaufland | 15:00 - 16:30<br>Kaufland/P2              | 15:00 - 16:30 P2                          | 13:45 - 15:30<br>P2 |                                       |                                       |                                       |                           |        |          |           |         | 17:00<br>Valaská |         |                     |                                      | 16:30 - 17:45<br>UT P2                  |   |   |            |
|          |        |                                  | 7:30 - 9:00 Sila<br>Štiavnička          | 7:30 - 9:00 Sila<br>Štiavnička          |   |   |   |   |   |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
| Štvrtok  | 16.05. |                                  | 8:30<br>dorastenecká<br>športová porada | 8:30<br>dorastenecká<br>športová porada | 8:30<br>dorastenecká<br>športová porada | 9:00 žiacka<br>športová porada          | 9:00 žiacka<br>športová porada          | 9:00 žiacka<br>športová porada            | 9:00 žiacka<br>športová porada            |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
|          |        | 11:00 - 12:30<br>Valaská         | 13:30 - 14:30<br>Skalica<br>2. skupina  | 14:30 - 15:30<br>Skalica<br>1 skupina   | 14:30 - 15:30<br>Skalica<br>1 skupina   | 13:30 - 14:45<br>Brezenská              | 15:00 - 16:30<br>Kaufland               |   |   |                     |                                       | 16:45 - 18:00<br>Kaufland             | 16:45 - 18:00<br>Kaufland             | 16:45 - 18:00<br>Kaufland |        |          |           |         |                  |         |                     |                                      | 15:00 - 16:30<br>Hlavné/<br>Kaufland    | 15:00 - 16:30<br>Brezenská/<br>Kaufland |   |            |
|          |        |                                  | 15:00<br>regenerácia<br>Stupka          | 16:00<br>regenerácia<br>Stupka          | 16:00<br>regenerácia<br>Stupka          | 09:00 športová<br>porada                | 09:00 športová<br>porada                | 09:00 športová<br>porada                  | 09:00 športová<br>porada                  |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
| Piatok   | 17.05. | 15:00 - 16:30<br>Zel'po          | 14:00-15:30<br>Myto                     | 15:00 - 16:30<br>Skalica                | 15:00 - 16:30<br>Skalica                | Dukla MZ<br>Brezenská)<br>15:00 hod     | Dukla MZ<br>Brezenská)<br>17:00 hod     | 15:00 - 16:30<br>Kaufland/P2              | 15:30 - 17:00<br>P2                       | 13:45 - 15:30<br>P2 | 16:45 - 18:00<br>Kaufland             | 17:00 - 18:15<br>P2                   |                                       |                           |        |          |           |         | 17:00<br>Valaská |         |                     |                                      | 17:00 UT P2                             | 15:00 - 16:30<br>Brezenská/<br>Kaufland | 15:00 - 16:30<br>Brezenská/<br>Kaufland |            |
|          |        |                                  |   |   |   |   |   |   |   |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   |   |            |
| Sobota   | 18.05. | Tmava MZ<br>(Tmava)<br>17:00 hod | Ružomberok<br>Z (Bešeňová)<br>11:00 hod |   |   |   |   |   |   |                     | Pohronie MZ<br>(Skalica)<br>10:00 hod | Pohronie MZ<br>(Skalica)<br>11:00 hod | Pohronie MZ<br>(Skalica)<br>11:00 hod |                           |        |          |           |         |                  |         |                     |                                      |   |   |   | 9:00 UT P2 |
| Nedeľa   | 19.05. | Voľno                            |   |   |   |   |   | Ružomberok MZ<br>ružomberok)<br>10:00 hod | Ružomberok MZ<br>ružomberok)<br>12:00 hod |                     |                                       |                                       |                                       |                           |        |          |           |         |                  |         |                     |                                      |   |   | 10:00 UT<br>Banisko                     |            |