



YEŞİMSPOR KULÜBÜ MİNİK ERKEK (A) TAKIMI YAZ ÇALIŞMA PROGRAMI



TARİH	GÜN	TAKIM	SERVİS SAATİ	ANTRENMAN SAATİ	ÇALIŞMA YERİ	İÇERİK
21.06.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
22.06.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
23.06.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	10:00	10:00 - 11:31	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
24.06.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
25.06.2010	CUMA					
26.06.2010	CUMARTESİ					OFF DAY
27.06.2010	PAZAR					
28.06.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
29.06.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
30.06.2010	ÇARŞAMBA					OFF DAY
01.07.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
02.07.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
03.07.2010	CUMARTESİ					OFF DAY
04.07.2010	PAZAR					
05.07.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
06.07.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
07.07.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
08.07.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
09.07.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	BALLHANDLING-FUNDAMENTAL
10.07.2010	CUMARTESİ					OFF DAY
11.07.2010	PAZAR					
12.07.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
13.07.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
14.07.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
15.07.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
16.07.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	HAZIRLIK MAÇI
17.07.2010	CUMARTESİ					OFF DAY
18.07.2010	PAZAR					
19.07.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
20.07.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
21.07.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
22.07.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
23.07.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	HAZIRLIK MAÇI
24.07.2010	CUMARTESİ					OFF DAY
25.07.2010	PAZAR					
26.07.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
27.07.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
28.07.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
29.07.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
30.07.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
31.07.2010	CUMARTESİ					OFF DAY
01.08.2010	PAZAR					
02.08.2010	PAZARTESİ					YAZ TATİLİ
03.08.2010	SALI					
04.08.2010	ÇARŞAMBA					
05.08.2010	PERŞEMBE					
06.08.2010	CUMA					
07.08.2010	CUMARTESİ					
08.08.2010	PAZAR					
09.08.2010	PAZARTESİ					
10.08.2010	SALI					
11.08.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
12.08.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
13.08.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-OFFENCE-DEFANCE
14.08.2010	CUMARTESİ					OFF DAY
15.08.2010	PAZAR					
16.08.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
17.08.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
18.08.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
19.08.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
20.08.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
21.08.2010	CUMARTESİ					OFF DAY
22.08.2010	PAZAR					
23.08.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
24.08.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
25.08.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
26.08.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
27.08.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	HAZIRLIK MAÇI
28.08.2010	CUMARTESİ					OFF DAY
29.08.2010	PAZAR					



YEŞİMSPOR KULÜBÜ MİNİK ERKEK (A) TAKIMI YAZ ÇALIŞMA PROGRAMI



TARİH	GÜN	TAKIM	SERVİS SAATİ	ANTRENMAN SAATİ	ÇALIŞMA YERİ	İÇERİK
30.08.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
31.08.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
01.09.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
02.09.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUND.-BALANCE -DEFANCE
03.09.2010	CUMA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	HAZIRLIK MAÇI
04.09.2010	CUMARTESİ	OFF DAY				
05.09.2010	PAZAR	OFF DAY				
06.09.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
07.09.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
08.09.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
09.09.2010	PERŞEMBE	BAYRAM TATİLİ				
10.09.2010	CUMA	BAYRAM TATİLİ				
11.09.2010	CUMARTESİ	BAYRAM TATİLİ				
12.09.2010	PAZAR	OFF DAY				
13.09.2010	PAZARTESİ	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
14.09.2010	SALI	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
15.09.2010	ÇARŞAMBA	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	FUNDAMENTAL-GAME
16.09.2010	PERŞEMBE	MİNİK ERKEK (A) TK	09:00	10:00 - 11:30	SPOR LİSESİ	HAZIRLIK MAÇI
17.09.2010	CUMA	OFF DAY				

İyi Çalışmalar
İsmail BİÇER MEN