



Belegungsplan Kunstrasenplatz FC EMS · KW 7: 09. Februar bis 15. Februar 2026



| | Montag, 9. Feb. | | Dienstag, 10. Feb. | | Mittwoch, 11. Feb. | | Donnerstag, 12. Feb. | | Freitag, 13. Feb. | | Samstag, 14. Feb. | | Sonntag, 15. Feb. | |
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| | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West |
| 08:00 | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | Fördertraining FC Ems Passspiel 10:00 - 11:45 Uhr Garderoben 1 + 6 | | Junioren D9 1. Stkl. 10:00 Uhr, Training Garderobe 1 | |
| 10:30 | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | Junioren B FCO Südostschweiz U15 12:00 Uhr, Testspiel Garderoben 3 + 4 | | | |
| 12:30 | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | FC Ems 1 FC Eschenbach 1 14:00 Uhr, Testspiel Garderoben 5 + 2 + 1 | | TM Jun. D FC L'quart 14:00 Uhr, TS Gard. 1 + 2 | |
| 14:30 | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | |
| 15:30 | | | | | TM Jun. D 15:30-17:00 Gard. 1 | TM FF-14 15:30-17:00 Gard. 2 | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | |
| 17:00 | | | FE-12 | | TM Jun. C 17:00-18:30 Gard. 3 | TM FF-17 | | FE-12 | | | | | | |
| 17:30 | Jun. Cb 17:30-19:00 Gard. 1 | Jun. Ca 17:30-19:00 Gard. 2 | 17:15-18:45 Gard. 1 | FE-13/FE-14 17:30-19:00 Gard. 4 + 2 | | | FE-13 17:30-19:00 Gard. 2 | 17:15-18:45 Gard. 1 | FE-14 17:30-19:00 Gard. 2 | Jun. C 17:30-19:00 Gard. 1 | | | | |
| 18:00 | | | | | | | | | | | | | | |
| 18:30 | Ems 3 19:00-20:30 Gard. 3 | Jun. B 19:00-20:30 Gard. 4 | Ems 2 19:00-20:30 Gard. 3 | YL C 19:00-20:30 Gard. 5 | FC Ems 1 19:00-20:30 Gard. 5 | 18:30-19:30 Frauen 19:30-21:00 Gard. 6 | Jun. FF17 19:00-20:30 Gard. 6 | Jun.C Prom. 19:00-20:30 Gard. 4 | FC Ems 1 19:00-20:30 Gard. 5 | | | | | |
| 19:00 | | | | | | | | | | | | | | |
| 19:30 | Jun. B 20:30-22:00 Gard. 1 | Bonaduz 2 20:30-22:00 Gard. 2 | T. Imboden 20:30-22:00 Gard. 1 | Bonaduz 1 20:30-22:00 Gard. 2 | TM Jun. B 20:30-22:00 Gard. 1 | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | |
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| 22:00 | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | |
| Info | MARGIS BEL | | | | GIEVGIA GRASSA | | | | | | | | | |



Belegungsplan Kunstrasenplatz FC EMS · KW 9: 23. Februar bis 01. März 2026



| | Montag, 23. Feb. | | Dienstag, 24. Feb. | | Mittwoch, 25. Feb. | | Donnerstag, 26. Feb. | | Freitag, 27. Feb. | | Samstag, 28. Feb. | | Sonntag, 1. Mär. | | | | | | | |
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| 09:00 | | | | | | | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | Trainingslager B Junioren | Trainingslager B Junioren | Trainingslager B Junioren | FCO Südostschweiz FE-13 FCO Thurgau 10:00 Uhr, Meisterschaft Garderoben 1 + 2 | Junioren C2 FC Bonaduz 10:00 Uhr, Testspiel Garderoben 1 + 3 | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | FCO Südostschweiz FE-14 FCO Thurgau 12:00 Uhr, Meisterschaft Garderoben 1 + 2 | Junioren D-9 Prom. FC Buchs 12:00 Uhr, Testspiel Garderoben 2 + 4 | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | | | |
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| 15:00 | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | TM Jun. D 15:30-17:00 Gard. 1 | TM FF-14 15:30-17:00 Gard. 2 | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | FE-12/FE-14 | TM Jun. C 17:00-18:30 Gard. 3 | TM FF-17 17:00-18:30 Gard. 4 | | FE-12 17:15-18:45 Gard. 1 | | | | | | | | | | | | |
| 17:30 | Jun. Cb 17:30-19:00 Gard. 1 | Jun. Ca 17:30-19:00 Gard. 2 | FE-13 17:30-19:00 Gard. 4 | 17:15-18:45 Gard. 1 + 2 | | | FE-13 17:30-19:00 Gard. 2 | 17:15-18:45 Gard. 1 | FE-14 17:30-19:00 Gard. 2 | Jun. C 17:30-19:00 Gard. 1 | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | | | | | |
| 18:30 | Ems 3 19:00-20:30 Gard. 3 | Jun. B 19:00-20:30 Gard. 4 | Ems 2 19:00-20:30 Gard. 3 | YL C 19:00-20:30 Gard. 5 | FC Ems 1 19:00-20:30 Gard. 5 | 18:30-19:30 Frauen 19:30-21:00 Gard. 6 | Jun. FF17 19:00-20:30 Gard. 6 | Jun.C Prom. 19:00-20:30 Gard. 4 | FC Ems 1 19:00-20:30 Gard. 5 | Frauen 19:00-20:30 Gard. 6 | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | |
| 20:00 | Jun. B 20.30-22.00 Gard. 1 | Bonaduz 2 20.30-22.00 Gard. 2 | T. Imboden 20:30-22:00 Gard. 1 | Bonaduz 1 20.30-22.00 Gard. 2 | TM Jun. B 20:30-22:00 Gard. 1 | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | | | | | |
| Info | Sportferien Ems bis 1. März 2026 | | | | | | | | | | | | | | | | | | | |



Belegungsplan Kunstrasenplatz FC EMS · KW 10: 02. März bis 08. März 2026



| | Montag, 2. Mär. | | Dienstag, 3. Mär. | | Mittwoch, 4. Mär. | | Donnerstag, 5. Mär. | | Freitag, 6. Mär. | | Samstag, 7. Mär. | | Sonntag, 8. Mär. | |
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| 08:00 | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | Trainingslager Ems 2 | Fördertraining FC Ems | | Junioren D9 1. Stkl. | | |
| 10:30 | | | | | | | | | | Torschuss | | 10:00 Uhr, Training | | |
| 11:00 | | | | | | | | | | 10:00 - 11:45 Uhr | | Garderobe 1 | | |
| 11:30 | | | | | | | | | | Garderoben 1 + 6 | | | | |
| 12:00 | | | | | | | | | | | | Junioren C Promotion | | |
| 12:30 | | | | | | | | | | | | Team Mittelbünden | | |
| 13:00 | | | | | | | | | | | | 12:00 Uhr, Testspiel | | |
| 13:30 | | | | | | | | | | | | Garderoben 1 + 2 | | |
| 14:00 | | | | | | | | | | | | Juniorinnen FF14 b | | |
| 14:30 | | | | | | | | | | | FC Bad Ragaz | | Youth League C | |
| 15:00 | | | | | | | | | | 14:00 Uhr, Testspiel | | Team Rontal C | | |
| 15:30 | | | | | | TM Jun. D | TM FF-14 | | | Garderoben 6 + 1 | | Garderoben 5 + 3 | | |
| 16:00 | | | | | 15:30-17:00 | 15:30-17:00 | | | | | | | | FC Ems Frauen |
| 16:30 | | | | | Gard. 1 | Gard. 2 | | | | | | | | FC Flums-Walenstadt 1 |
| 17:00 | | | FE-12 | | TM Jun. C | TM FF-17 | | FE-12 | | | | | | 16:00 Uhr, Testspiel |
| 17:30 | Jun. Cb | Jun. Ca | 17:15-18:45 | FE-13/FE-14 | 17:00-18:30 | 17:00-18:30 | FE-13 | 17:15-18:45 | FE-14 | Jun. C | | | | Garderoben 6 + 4 |
| 18:00 | 17:30-19:00 | 17:30-19:00 | Gard. 1 | 17:30-19:00 | Gard. 3 | Gard. 4 | 17:30-19:00 | Gard. 1 | 17:30-19:00 | 17:30-19:00 | | | | |
| 18:30 | Gard. 1 | Gard. 2 | | Gard. 4 + 2 | | YL C (G2) | Gard. 2 | | Gard. 2 | Gard. 1 | | | | |
| 19:00 | Ems 3 | Jun. B | Ems 2 | YL C | FC Ems 1 | 18:30-19:30 | Jun. FF17 | Jun.C Prom. | FC Ems 1 | | | | | |
| 19:30 | 19:00-20:30 | 19:00-20:30 | 19:00-20:30 | 19:00-20:30 | 19:00-20:30 | Frauen | 19:00-20:30 | 19:00-20:30 | 19:00-20:30 | Frauen | | | | |
| 20:00 | Gard. 3 | Gard. 4 | Gard. 3 | Gard. 5 | Gard. 5 | 19:30-21:00 | Gard. 6 | Gard. 4 | Gard. 5 | 19:30-21:00 | | | | |
| 20:30 | Jun. B | Bonaduz 2 | T. Imboden | Bonaduz 1 | TM Jun. B | Gard. 6 | TM Jun. A | Bonaduz 1 | Sen. 40+ | Gard. 6 | | | | |
| 21:00 | 20.30-22.00 | 20.30-22.00 | 20:30-22:00 | 20.30-22.00 | 20:30-22:00 | | 20:30-22:00 | 20.30-22.00 | 20:30 - 22:00 | | | | | |
| 21:30 | Gard. 1 | Gard. 2 | Gard. 1 | Gard. 2 | Gard. 1 | | Gard. 1 | Gard. 2 | Gard. 1 | | | | | |
| 22:00 | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | |
| Info | | | | | Ems 1 vom 4. bis 8. März im Trainingscamp | | | | | | | | | |



Belegungsplan Kunstrasenplatz FC EMS · KW 11: 09. März bis 15. März 2026



| | Montag, 9. Mär. | | Dienstag, 10. Mär. | | Mittwoch, 11. Mär. | | Donnerstag, 12. Mär. | | Freitag, 13. Mär. | | Samstag, 14. Mär. | | Sonntag, 15. Mär. | |
|-------|-----------------|-------------|--------------------|-------------|--------------------|-------------|----------------------|-------------|-------------------|-------------|---------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------------|------------------------------------|
| | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West |
| 08:00 | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | Fördertraining FC Ems Dribbling 10:00 - 11:45 Uhr Garderoben 1 + 6 | | Junioren D9 1. Stkl. 10:00 Uhr, Training Garderobe 1 | |
| 10:30 | | | | | | | | | | | Junioren C Promotion FC Bad Ragaz 12:00 Uhr, Testspiel Garderoben 3 + 4 | | Jun. D7 2 b Chur 97 12:00 Uhr | Jun. Dc FC L'quart 12:00 Uhr |
| 11:00 | | | | | | | | | | | FC Ems 1 FC Lachen (SZ) 14:00 Uhr, Testspiel Garderoben 5 + 2 + 1 | | FC Bonaduz Jun. Ca FC Bonaduz Jun. Cb 14:00 Uhr, Testspiel | |
| 11:30 | | | | | | | | | | | FCO Südostschweiz FE-13 Junioren C Promotion 16:00 Uhr, Testspiel Garderoben 3 + 4 | | Senioren 40+ Team Imboden 30+ 16:00 Uhr, Testspiel Garderoben 1 + 2 | |
| 12:00 | | | | | | | | | | | Jun. Cb 17:30-19:00 Gard. 1 | | Jun. Ca 17:30-19:00 Gard. 2 | |
| 12:30 | | | | | | | | | | | FE-14 17:30-19:00 Gard. 2 | | FE-14 17:30-19:00 Gard. 2 | |
| 13:00 | | | | | | | | | | | Jun. B 19:00-20:30 Gard. 4 | | T. Imboden 20:30-22:00 Gard. 1 | |
| 13:30 | | | | | | | | | | | Ems 3 19:00-20:30 Gard. 3 | | Bonaduz 2 20:30-22:00 Gard. 2 | |
| 14:00 | | | | | | | | | | | Jun. B 19:00-20:30 Gard. 4 | | Bonaduz 1 20:30-22:00 Gard. 2 | |
| 14:30 | | | | | | | | | | | Ems 2 19:00-20:30 Gard. 3 | | T. Imboden 20:30-22:00 Gard. 1 | |
| 15:00 | | | | | | | | | | | YL C 19:00-20:30 Gard. 5 | | Bonaduz 1 20:30-22:00 Gard. 2 | |
| 15:30 | | | | | | | | | | | FC Ems 1 19:00-20:30 Gard. 5 | | TM Jun. B 20:30-22:00 Gard. 1 | |
| 16:00 | | | | | | | | | | | Frauen 19:30-21:00 Gard. 6 | | | |
| 16:30 | | | | | | | | | | | TM Jun. D 15:30-17:00 Gard. 1 | | | |
| 17:00 | | | | | | | | | | | TM FF-14 15:30-17:00 Gard. 2 | | | |
| 17:30 | | | | | | | | | | | FE-13 17:30-19:00 Gard. 2 | | | |
| 18:00 | | | | | | | | | | | FE-12 17:15-18:45 Gard. 1 | | | |
| 18:30 | | | | | | | | | | | FE-14 17:30-19:00 Gard. 2 | | | |
| 19:00 | | | | | | | | | | | Jun. C 17:30-19:00 Gard. 1 | | | |
| 19:30 | | | | | | | | | | | Junioren B 18:00 Uhr, Testspiel Garderoben 1 + 2 | | | |
| 20:00 | | | | | | | | | | | Team Mittelbünden 18:00 Uhr, Testspiel Garderoben 1 + 2 | | | |
| 20:30 | | | | | | | | | | | Jun. Cb 17:30-19:00 Gard. 1 | | | |
| 21:00 | | | | | | | | | | | Jun. Ca 17:30-19:00 Gard. 2 | | | |
| 21:30 | | | | | | | | | | | FE-14 17:30-19:00 Gard. 2 | | | |
| 22:00 | | | | | | | | | | | Jun. C 17:30-19:00 Gard. 1 | | | |
| 22:30 | | | | | | | | | | | Frauen 19:30-21:00 Gard. 6 | | | |
| Info | | | | | | | | | | | | | | |



Belegungsplan Kunstrasenplatz FC EMS · KW 12: 16. März bis 22. März 2026



| | Montag, 16. Mär. | | Dienstag, 17. Mär. | | Mittwoch, 18. Mär. | | Donnerstag, 19. Mär. | | Freitag, 20. Mär. | | Samstag, 21. Mär. | | Sonntag, 22. Mär. | |
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| | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West | Hälfte Ost | Hälfte West |
| 08:00 | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | BFV Frauen Bündercup-Turnier 2 Plätze (B und C) 10:00 - 14:00 Uhr | | | Junioren C FC Mels 13:00 Uhr, Testspiel Garderoben 4 + 2 |
| 09:30 | | | | | | | | | | | | | | Jun. Dc FC Mels 11:00 Uhr Gard. |
| 10:00 | | | | | | | | | | | | | | Youth League C Team Lichtenstein U15 13:00 Uhr, Testspiel Garderoben 4 + 2 |
| 10:30 | | | | | | | | | | | | | | FCO Graubünden FE-12 FCO Rheintal-Bodensee 14:00 Uhr, Meisterschafts- Garderoben 3 + 4 |
| 11:00 | | | | | | | | | | | | | | FC Ems 1 FC Bad Ragaz 1 15:00 Uhr, MS-Spiel Garderoben 5 + 3 + 1 |
| 11:30 | | | | | | | | | | | | | | Senioren 40+ FC Ems 3 17:00 Uhr, Testspiel Garderoben 2 + 4 |
| 12:00 | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | |
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| 15:00 | | | | | | | | | | | | | | |
| 15:30 | | | | | TM Jun. D 15:30-17:00 Gard. 1 | TM FF-14 15:30-17:00 Gard. 2 | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | |
| 17:00 | | | | FE-12/FE-14 | TM Jun. C 17:00-18:30 Gard. 3 | TM FF-17 17:00-18:30 Gard. 4 | | FE-12 | | | | | | |
| 17:30 | Jun. Cb 17:30-19:00 Gard. 1 | Jun. Ca 17:30-19:00 Gard. 2 | FE-13 17:30-19:00 Gard. 4 | 17:15-18:45 17:30-19:00 Gard. 1 + 2 | | | FE-13 17:30-19:00 Gard. 2 | 17:15-18:45 Gard. 1 | FE-14 17:30-19:00 Gard. 2 | Jun. C 17:30-19:00 Gard. 1 | | | | |
| 18:00 | | | | | | | | | | | | | | |
| 18:30 | Ems 3 19:00-20:30 Gard. 3 | Jun. B 19:00-20:30 Gard. 4 | Ems 2 19:00-20:30 Gard. 3 | YL C 19:00-20:30 Gard. 5 | FC Ems 1 19:00-20:30 Gard. 5 | 18:30-19:30 Frauen 19:30-21:00 Gard. 6 | Jun. FF17 19:00-20:30 Gard. 6 | Jun.C Prom. 19:00-20:30 Gard. 4 | FC Ems 1 19:00-20:30 Gard. 5 | Frauen 19:00-20:30 Gard. 6 | | | | |
| 19:00 | Jun. B 20:30-22:00 Gard. 1 | Bonaduz 2 20:30-22:00 Gard. 2 | T. Imboden 20:30-22:00 Gard. 1 | Bonaduz 1 20:30-22:00 Gard. 2 | TM Jun. B 20:30-22:00 Gard. 1 | | TM Jun. A 20:30-22:00 Gard. 1 | Bonaduz 1 20:30-22:00 Gard. 2 | Sen. 40+ 20:30 - 22:00 Gard. 1 | CB Lumnezia 20:30-22:00 Gard. 2 | | | | |
| 19:30 | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | |
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| 22:00 | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | |
| <i>Info</i> | | | Ems 1, Garderobe 5 | | Ems 1, Garderobe 5 | | | | Ems 1, Garderobe 5 | | | | | |

